

BRING ON SUMMMER

Beach days. Bike rides. Bring it on.
With warmer temps on the way, you can feel
your best with waived enrollment fees¹.

Go to <https://fitnessyourway.tivityhealth.com/bsc>
and use code **MARCHWAIVED** when you sign up.

The best accessory for bathing suit season? A strong core. Here are some pro tips
from us at Fitness Your Way on how to strengthen it (hint: it's not all about the tummy):



Your core is more than your abs:

Six-packs get all the attention. But your core includes the muscles that wrap around your sides and into your back (hello, obliques!). A strong core stabilizes your spine, supports your back and prevents injury—even when you're sitting. Try a stability ball instead of a desk chair for a super-strong core—sit-up not required.



Supercharge your chores:

Lifting groceries. Mowing the lawn. Wrangling kids. Whatever your days are like, core strength supports hundreds of movements, helping you use your body better. During your next workout, add side planks to strengthen your obliques. It won't be long before you feel the difference—even if the lawn still won't mow itself.



Bird dogs to the rescue:

Deep core muscles. Spine support. More balance. This little move has it all. Here's how: Come to all fours with hands below shoulders, and knees hip-width apart. Extend your right arm out in front of you as you extend your left leg behind, toes pointed down. Return to all fours and repeat. That's one rep. Congrats!



BRING ON THE SUN

Go to <https://fitnessyourway.tivityhealth.com/bsc> and use code **MARCHWAIVED** when you sign up.

Get your gym on. For less.

Summer savings start now.

- Four gym packages available starting at \$19/month², with no enrollment fee. (Seriously!)
- Join as many gyms as you want
- Digital-only package also available for just \$10 a month³ (all digital content included with gym packages)

Or get your home gym on.

Perfect time to sport an embarrassing concert t-shirt.

- Access digital content for even more flexibility
- On-Demand videos available 24/7 and live virtual classes like cardio, boot camps, barre and yoga⁴

Always talk with your doctor before starting an exercise program.

1. Offer valid until March 31, 2023. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the MARCHWAIVED promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital-only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details. 2. Without offer, Fitness Your Way enrollment fee is \$19, plus applicable sales tax. 3. For pricing information visit <https://www.blue365deals.com/fyw>. Limitations apply. See Program Agreement for details. 4. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Services and, if applicable, discounts are subject to the terms and conditions of such third party provider. Check with the provider for details.

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