

SPRING INTO SUMMER WELLNESS

WITH A LIMITED-TIME OFFER

Spring is here and summer's not far behind. If you have lots of outdoor activities planned for the upcoming season, now is the perfect time to jumpstart your fitness journey.

Join now to get your \$0 enrollment offer!^{1,2}

Learn more at bsca.fitnessyourway.tivityhealth.com and use code **BSCENROLL4FREEMAR** when you sign up.



MORE GYM, LESS MONEY

Fitness Your Way® lets you join as many gyms as you want, wherever you live, work, and play.

Working out should be accessible to everyone.

Wherever you want to sweat.

- Four gym packages available starting at \$19/month,³ with no enrollment fee in March^{1,2}
- Join as many gyms as you want with access to 13,000+ fitness locations⁴
- Digital only package also available for just \$10 a month⁵ (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga from Burnalong®



EMBRACE THE JOY OF SPRING AND LET IT INSPIRE A HEALTHIER, HAPPIER YOU FOR THE WARMER MONTHS



1. EMBRACE EFFICIENCY

Instead of endless hours at the gym, you can achieve your summer wellness goals more efficiently by working smarter, not harder. Compound exercises like squats, deadlifts, and presses work large muscle groups at once, allowing you to build strength quickly. High-intensity interval training (HIIT) boosts your metabolism and lets you get a great workout in just 20-30 minutes, leaving you with more time to enjoy the beautiful spring weather.



2. PUT A PLAN IN MOTION

Doing the same workouts every day or wandering into the gym without considering your goals doesn't typically get great results. Think about what you want to achieve and create a roadmap to get you there. Schedule your workouts ahead of time to help you stay consistent. A favorite weekly group class or time of day to hit the gym can help you build a routine you look forward to.



3. NURTURE YOUR WHOLE SELF

Your wellness journey isn't just about exercise, it's also about nurturing your body and mind. Two essential elements? Sleep and nutrition. Think of them as the yin and yang of your well-being. A good night's sleep is a magic elixir for your body and mind—it helps with recovery and reduces stress. Focus on wholesome, balanced meals and embrace seasonal and colorful spring produce.



4. GO AT YOUR OWN PACE

Your wellness journey is a marathon, not a sprint. Pacing yourself is key to preventing burnout and staying on track. Gradually build up your fitness level to avoid injury and maintain your motivation. Listen to your body and give it the rest it needs when necessary. Recovery days are just as important as workout days.



GET STARTED TODAY

Feel great this summer by getting a jumpstart on your fitness journey this spring.

Join at bsca.fitnessyourway.tivityhealth.com

Always talk with your doctor before starting an exercise program.

1. Offer valid until March 31, 2024. 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 BSCENROLL4FREEMAR 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. Fitness Your Way gym packages range from \$19 - \$99 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details. 4. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location. 5. The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

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