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fitness your way[®]
by Tivity Health

WELL-BEING BALANCE

Creating work-life balance, managing time effectively and ensuring all aspects of life support your motivation.



Start now with Fitness Your Way[®] to get your \$0 enrollment offer!^{1,2}
Learn more at blue365deals.com/MarFYW and use code **FYWPRMOMAR25** when you sign up.



Set Boundaries

Whether you work from home or go into the office (or a hybrid of the two), setting boundaries is important to maintain a work-life balance. As best as you can, leave your work “at the office,” even if you do work from home. Be sure to establish lines between work and personal life, and stick to them. And don’t forget to take your vacation time.



Manage time effectively

Aligning your personal and professional priorities with your values builds a strong foundation for productivity and success at work. And it ensures you have time for a fulfilling and grounded personal life. Balance is unique to everyone –discover what works for you and stay committed to it.



Spend time doing personal hobbies

Do something you love. Whether that’s going to the gym, hiking in the backcountry, reading, painting, gaming, learning something new or anything else, make sure to create time for personal hobbies. Maybe even try something new a few times a year. Spending time doing what you love allows for rejuvenation and realignment within all aspects of your life.

Working out should be accessible to everyone. Wherever you want to sweat.

More gym, less money

- Seven gym package options starting at \$19/month³. Three new luxury gym packages available.
- Join as many gyms as you want and get 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 Bernalong[®]

And even more⁶

- Access 20,000+ health and well-being specialists
- Up to 50% off services like massage, chiropractic and nutrition
- Plus other health and self-care discounts

GET STARTED TODAY!



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

Join at blue365deals.com/MarFYW

Always talk with your doctor before starting an exercise program.

1. Offer valid from March 1, 2025 until March 31, 2025. 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 FYWPROMOMAR25 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 - \$239 per month plus applicable sales tax. For pricing information visit <http://www.blue365deals.com/fyw>. 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://www.blue365deals.com/fyw>. Limitations apply. See Program Agreement for details. 6. 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 providers. Check with the provider for details.

Important Disclosures: As part of the Fitness Your Way program (the “FYW Program”), members are provided with access to a network of participating third-party practitioners who offer discounted Integrative Health Services including, but not limited to, chiropractic, acupuncture, massage/body work services (“Integrative Health Services”). The Integrative Health Services component of the FYW Program is provided by WholeHealth Living, Inc., a wholly owned subsidiary of Tivity Health Support Services, LLC (“WHL”), with a mailing address of: ATTN: Whole Health Living, 25 S Arizona Ave, Suite #120, Chandler, AZ 85225. The FYW Program is not insurance. Discounts vary per practitioner. The FYW Program member must pay for discounted Integrative Health Services, but will receive a discount from the participating practitioner. WHL does not make payments directly to the third-party practitioners. Health care and health care related practitioners in the WHL network are not currently available to residents of California, Connecticut, Indiana, Louisiana, Montana, Nebraska, New Hampshire, Nevada, North Dakota, Oklahoma, Oregon, South Dakota, Utah, or Washington. Please visit <http://www.whlchoices.com> for a complete list of practitioners available in member’s state of residence.

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