



Get Active. Get Rewarded.

Achieve weekly targets with Standard or Advanced Workouts and get rewarded with a spin of the Vitality Wheel™ to win Vitality Points® or a gift card.

Qualifying workouts include: working out at the gym, using an approved fitness devices or mobile app that tracks steps or calories burned. Vitality will easily track and verify your workouts as your work toward achieving your weekly target.

“ Vitality keeps moving my weekly target higher so I'm getting in six to seven Advanced Workouts a week! I've managed to keep those 35 lbs. off and concentrate on my fitness. Win-win!”

- Vitality Member
Jody H.

Activate Vitality Active Rewards on **Vitality Today™** and start winning!

