

healthy living program

One-on-one well-being coaching to support you on your health journey.

Did you know the Active&Fit Direct™ program can pair you with a certified health coach to support you on your journey, wherever it may lead? Enjoy quick phone or video sessions on your schedule to help with stress management, achieve fitness and nutrition goals, and more!

The program is customized to support you as an individual, and help you set and reach your goals at your own pace.

Enjoy any or all of the following, offered at no additional cost to your membership:

Health Improvement

Stress Management

Weight Management

Enrolled? Log in to get started at www.ActiveandFitDirect.com.

- 1** Schedule your initial 30-minute kickoff session.
- 2** Enjoy unlimited sessions with your coach, whenever you need.

Not enrolled? Check with your Active&Fit Direct sponsoring organization to learn how! You'll have access to:

- **11,900+ standard gyms**
- **9,000+ on-demand workout videos** accessible at home or on-the-go
- **Membership options for your spouse***
- **No annual fees and no long-term contracts**

*Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

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