

Made available through



THE POWER OF YOU

KNOW YOUR GYM PERSONALITY AND STICK TO A FITNESS PLAN

Whether you're a natural early riser or a weekend warrior, lean into your strengths and make working out work for you at any of the 12,000+ Fitness Your Way locations.



DISCOVER YOUR FITNESS TYPE

Dig deeper into what you love about working out, then use these insights to give yourself the gift of consistent movement.



1. THE EARLY RISER

You love getting up early so use your mornings to your advantage and beat the gym rush. You'll have your pick of equipment, and a less crowded gym means more opportunities to ask gym staff for pointers on your form or instructions for how to use a new machine. Keep the momentum going by setting out your gear each night so you're ready for those early AM sessions.



2. THE WEEKEND WARRIOR

Your weekdays are packed but loading up your Saturdays and Sundays with workouts is one way to stay fit. Luckily, longer sessions on your days off will give you the same benefits as shorter sessions throughout the week. To reduce your risk of injury on these longhaul fitness days, be sure to warm up and cool down. Also, try to pepper short bursts of movement like stretches, squats, and planks into your everyday routine as much as you can.



3. THE GROUP FITNESS GROUPIE

Variety is the spice of life, and that definitely applies to group fitness. You like to try everything from power yoga to spin to group strength training, so lean into your adventurous spirit and give everything a go. Plus, working out in a group has been proven to be more motivating than working out alone and is a great way to build a supportive fitness community.



4. THE RACER

5Ks, triathlons, marathons, and obstacle courses are your jam, so use your competitive edge to your advantage. Training for an event is a great way to set (and crush!) specific performance goals. Be sure to ask your gym trainers for pointers on how to avoid injury.

GET STARTED TODAY

Use your personality strengths to your advantage and build a fitness routine that works for you. Fitness Your Way lets you join as many gyms as you want, wherever you live, work, and play. Join at www.blue365deals.com/fyw

MORE GYM, LESS MONEY

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

- Four gym packages available starting at \$19/month¹ with a one-time enrollment fee of \$19
- Join as many gyms as you want and get access to 12,000+ fitness locations²
- Digital-only package also available for just \$10 a month³ (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®

And even more

- Access 20,000+ health and well-being specialists⁴
- Up to 50% off services like acupuncture, chiropractic, and nutrition
- Plus discounts on vitamins, exercise equipment, and more



Learn more at www.blue365deals.com/fyw



Always talk with your doctor before starting an exercise program.

1. Fitness Your Way gym packages range from \$19 - \$99 per month, plus applicable sales tax. For pricing information visit <https://www.blue365deals.com/fyw>. 2. 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. 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 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, 1445 S. Spectrum Blvd, Chandler, Arizona 85286. 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, Delaware, Indiana, Louisiana, Montana, Nebraska, New Hampshire, Nevada, Oklahoma, Oregon, Rhode Island, South Dakota, Utah, Washington or West Virginia. Please visit <http://www.whlchoices.com> for a complete list of practitioners available in member's state of residence.

© 2000-2023 Blue Cross and Blue Shield Association — All Rights Reserved. The Blue365 program is brought to you by the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies. Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross and Blue Shield Association.

Blue365 offers access to savings on health and wellness products and services and other interesting items that Members may purchase from independent vendors, which are not covered benefits under your policies with Blue Cross and Blue Shield of Louisiana, its contracts with Medicare, or any other applicable federal healthcare program. These products and services will be offered to you through the entire benefit year. During the year, the independent vendors may offer additional discounts on these products and services. To find out what is covered under your policies, contact Blue Cross and Blue Shield of Louisiana. The products and services described on the Site are neither offered nor guaranteed under Blue Cross and Blue Shield of Louisiana contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding your health insurance products and services may be subject to Blue Cross and Blue Shield of Louisiana grievance process. BCBSA may receive payments from vendors providing products and services on or accessible through the Site. Neither BCBSA nor any Blue Company recommends, endorses, warrants, or guarantees any specific vendor, product or service available under or through the Blue365 Program or Site.

Tivity Health Services, LLC is an independent vendor that provides solutions to improve health and well-being. Fitness Your Way and Tivity Health are registered trademarks of Tivity Health, Inc. The Fitness Your Way logotype is a trademark of Tivity Health, Inc. 2023 Tivity Health, Inc. All rights reserved. Blue Cross, Blue Shield, Blue365, and the Blue Cross and Blue Shield logos are registered trademarks of the Blue Cross and Blue Shield Association.

Burnalong is a registered trademark of Burnalong, Inc. ©2023 Burnalong, Inc. All rights reserved. BCBSA6015_1023