

getting active just got easier™



Achieve better health through regular exercise with the Active&Fit® program.

Enjoy one, some, or all the following:



2,000+ Digital Workout Videos

Go to kp.org/activeandfit and get fit with workout videos including core, cardio, strength, yoga, and more, for all fitness levels.



Stay Fit Kits

Choose 1 of the following each benefit year:

- Garmin® or Fitbit® Wearable Fitness Tracker kit¹
- Yoga kit with a mat
- Beginner, Intermediate, or Advanced Strength kit with dumbbells and resistance bands



Home Fitness Kits

Choose up to 2 home fitness kits each benefit year from a selection of 31 unique options including Barre, Pilates, Tai Chi, Bootcamp, and more.²



Daily Workout Classes

Join a variety of workout classes available anytime on YouTube and Facebook, led by a certified instructor and designed for all levels. Visit [YouTube.com/MyActiveandFit](https://www.youtube.com/MyActiveandFit) and [@MyActiveandFit](https://www.facebook.com/MyActiveandFit) on Facebook to get started.



11,000+ Fitness Centers

Our national network includes these brands and more:



Active&Fit Connected!™ tool

Track your exercise and activity from wearable fitness trackers and apps.³

Go to kp.org/activeandfit to get started today!

Questions? Call toll-free 1.877.750.2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

¹The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit websites. Once selected, Stay Fit kits cannot be exchanged.

²Members cannot select the same Home Fitness kit twice in the same benefit year. Once selected, kits cannot be exchanged.

³Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Please talk to a doctor before starting or changing an exercise routine. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Kits are subject to change. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program. Fitness center participation may vary by location.