

Sign up for Frequent Fitness

Try our Frequent Fitness program to get healthy and save money. With more than 6,000 clubs to choose from nationwide, you're sure to find a club near your home.

Save \$20 on your monthly health club membership when you work out 12 or more days each month. Here's how:

1. Find a health club.

Go to healthpartners.com/discounts and click on Frequent Fitness to get a list of all participating clubs.

Some participating health clubs include:

- Anytime Fitness
- Curves
- LA Fitness
- Life Time Fitness
- Snap Fitness
- YMCA and YWCA
- Local community centers and many more!

2. Sign up.

Sign up for Frequent Fitness when you join a participating health club. Show your HealthPartners Member ID card at the front desk.

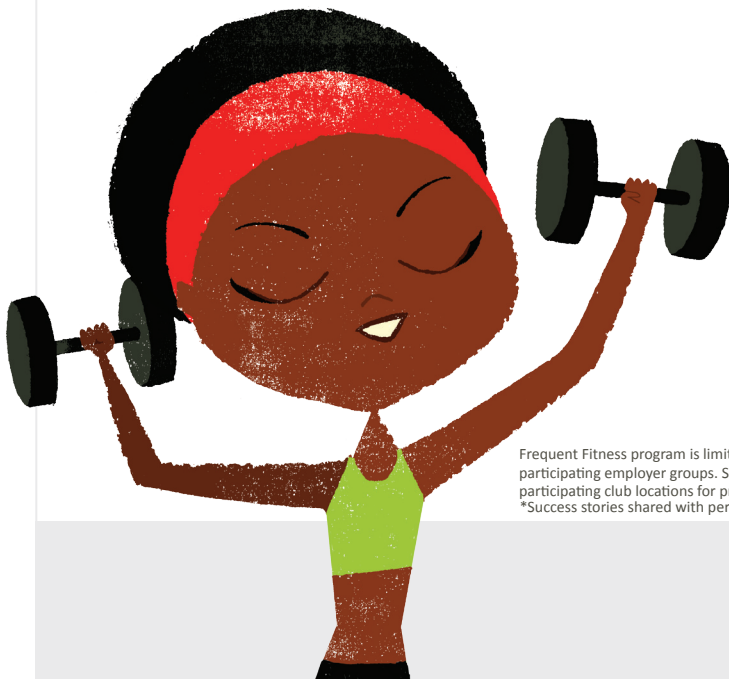
3. Work out.

Exercise at least 12 days each month.

4. Get paid.

Your health club membership account is reimbursed six to eight weeks after your monthly workouts.

Up to two people on your plan 18 years or older can participate, for a total reimbursement of up to \$40 each month.



I lost 35 pounds, lowered my blood sugar levels and was able to stop taking medicine for high blood pressure. I'm happy with the way my life is right now!

-HealthPartners member

Frequent Fitness program is limited to members, age 18 years or older, of HealthPartners senior or individual medical plans and members of participating employer groups. Some restrictions apply. Termination of club membership may result in forfeiture of any unpaid incentive. See participating club locations for program details. The information here should not be used as medical advice.
*Success stories shared with permission from actual HealthPartners members.

For more information on Frequent Fitness,
visit healthpartners.com/discounts.