



# Get active with Vitality

Get moving in a variety of ways and earn Vitality points

## TRACK YOUR WORKOUTS WITH A VITALITY-LINKED FITNESS DEVICE.

Get up to 25% back when you buy one of these devices with HealthyGear:



## PLUS BOOST YOUR CASH BACK UP TO 75% WITH VITALITY ACTIVE REWARDS DEVICE BOOSTER

### JOIN TEAM VITALITY

SA's largest running and cycling club

Up to 50% cash back on selected races

Exclusive VIP hospitality

Quality running and cycling kit

### OTHER WAYS TO EARN VITALITY POINTS

30-minute gym visit .....	100 pts per day
Track your workouts with a Vitality-linked device .....	up to 300 pts per day
Free parkrun / myrun .....	up to 300 pts per week
Vitality-timed race events .....	up to 3 000 pts per event
Round of golf .....	100 pts per day
Log your workout at an approved fitness facility .....	100 pts per day
Vitality Fitness Assessment .....	up to 7 500 pts
Vitality High Performance Fitness Assessment .....	up to 15 000 pts



Save up to **75%** on your monthly gym fees

Boost up to **100%** with Vitality Money

