Optimal health isn’t just about being healthy physically. It’s about a balanced approach that includes components designed to improve the health of the mind, body, and spirit. **GlobalFit’s Gym Network 360** delivers an extensive wellness network that focuses on 5 key components: Exercise, Eating, Energize, Explore, and Education.

**TO ACTIVATE, FOLLOW THESE THREE EASY STEPS:**
Access exclusive GlobalFit member pricing on premier fitness and wellness programs.

1. **Step 1** - Visit your custom landing page to access your GlobalFit offerings. Click the green Activate Benefit button to get started.
globalfit.com/KPWA

2. **Step 2** - Complete the form to create a username and password. If you’ve already set up your account, enter your username and password to login.

3. **Step 3** - Use the top navigation bar to view products and services available to you.

Members can sign up at globalfit.com/KPWA

Learn more: www.globalfit.com | 800.294.1500
EXERCISE
• Exclusive membership discounts at more than 9,000 gyms and specialty studios including top brands like LA Fitness, Anytime Fitness, Gold’s Gym, and 24 Hour Fitness plus many local favorites
• Virtual fitness options from Les Mills Group, Fitness On Demand and Zumba
• Tools to keep you on track with your fitness goals like Striiv wearable fitness trackers

EDUCATION
• Resources to support your wellness journey
• Monthly GO Newsletter
• Health coaching programs for any healthy living goal from smoking cessation to stress reduction

EATING
• Discounts on top brands like Nutrisystem, Jenny Craig, Diet-to-Go, and Kurbo
• Special rates on vitamins, supplements, and other healthy food products
• A variety of meal plans and weight loss programs including fresh prepared meals, diet delivery options, and programs for the whole family

ENERGIZE & EXPLORE
• Access to programs and products to help enhance your everyday living and total wellness
• The latest deals on your travel, vacations, and entertainment
• Exclusive pricing on spa services, concert tickets, electronics, restaurants, and more

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