

# healthways fitness your way

Healthways Fitness Your Way™ is a great way to get healthy and feel good on your own terms. A first-of-its-kind fitness program, Healthways Fitness Your Way offers you the flexibility to work out at any network fitness location, on your time and on a budget that you can live with. It's one of the most flexible, affordable and accessible ways to adopt a healthy lifestyle and remain committed to it.

“Great program. It allows members an affordable fitness membership, which they otherwise might not do. Fitness can only benefit one's health and longevity.”

Healthways Fitness  
Your Way member

## Meet your goals

- Stay motivated with social networking, rewards and the Daily Challenge
- Easy online tools to **track exercise goals and activity**, and ask an expert a question

## On your time

- Locations include more than **9,000** national and local fitness facilities
- Visit any participating location — anytime, anywhere — as often as you like
- 24/7 access to well-being support, health articles and online health coaching

## On your budget

- **Only \$25\* a month** per person and a low \$25\* enrollment fee, with a 3-month commitment
- Get up to 30% off from more than 40,000 experienced health and well-being specialists including, massage therapists, personal trainers, nutrition counselors, yoga and Pilates instructors and more
- Save on vitamins, exercise equipment, aromatherapy, organic products, and unique gifts



## ENROLL WITH HEALTHWAYS TODAY

1. Go to: [www.Blue365Deals.com/fyw](http://www.Blue365Deals.com/fyw)
2. Click “Login to Redeem”
3. If already a member of Blue365, log in with your email and password; if not a member yet, register with Blue365 to get the Healthways deal
4. Click on “Redeem Now” and then click “Continue”
5. You will be directed to the Healthways Fitness Your Way landing page where you can search for participating fitness locations and sign up

### When you enroll online, you can:

- Search by zip code for participating fitness locations near your home or office
- Learn more about Healthways Fitness Your Way by reading the FAQ before enrolling

### Or, enroll over the phone:

Call 1-888-242-2060, Monday through Friday, 8 a.m. – 9 p.m. in all U.S. time zones.



Like us on Facebook at  
[www.facebook.com/HealthwaysFitnessYourWay](https://www.facebook.com/HealthwaysFitnessYourWay)

\* Taxes may apply. Individuals must be 18 years old to purchase a membership.

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