Active&Fit DIRECT®

KAISER PERMANENTE®

eat breathe dream fitness™

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers and YMCAs nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes).

The program offers:

- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

GET A FITNESS CENTER MEMBERSHIP

$25

A MONTH

9,000+ FITNESS CENTERS

JOIN NOW

™

Learn more: **kp.org/choosehealthy**

M966-001H-KP 10/18 © 2018 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct, the Eat Breathe Dream Fitness logo, and the Active&Fit Direct logos are trademarks of ASH.