



Start 2024
With A Flexible
Fitness Program

In 3 Easy Steps:

Find your perfect gym from thousands of options nationwide.

Enroll online in minutes, with no long-term contracts or annual fees.

Start working out today!

















PLUS » 6,200+ Premium Gym Options at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations.²











Save \$28 With Code: STARTSTRONG¹

Get Started: www.resourcesforliving.com and visit "Discount Center" to sign up. Log into your health plan portal or contact the number on the back of medical card for assistance on how to sign up.



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^{1 \$28} enrollment fee waived for standard gyms only 12/1/2023 12:01 a.m. - 2/29/2024 11:59 p.m. PT. Monthly fees are subject to applicable taxes.

² Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.