



eat breathe dream fitness™

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee). You can get a free guest pass to try out a fitness center before enrolling (where available), and you have the option to switch fitness centers to make sure you find the right fit.

How to get started

1. Visit regence.com/advantages and click Activities & Fitness.
2. Find participating fitness centers in our national network by entering your ZIP code or City, State in the fitness center search box.
3. Once you find your preferred fitness center, click the button to Join Now.
4. You'll be directed to the payment screen; \$75 gets you started. Pay your \$25 enrollment fee, \$25 for the current month, and \$25 for the next month (plus applicable taxes).
5. Print your Active&Fit Direct fitness card and take it with you to the fitness center you chose. It's that easy!

Learn more at ActiveandFitDirect.com.

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