



## home or gym? we'll keep you active either way.

Enrollment fee waived January – February.



2,500+ DIGITAL WORKOUT VIDEOS



UNLIMITED LIFESTYLE COACHING



11,000+ FITNESS
CENTERS AND STUDIOS
Members can change anytime



NO LONG-TERM CONTRACT

## Try us out for free!

- **1.** Enjoy **200 free digital workout videos** available to all eligible members, *even before you enroll*.
- 2. Join us for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!





Use promo code NEWYOU21 at checkout Learn more: Log in to the Nippon Life Benefits Member Portal and select *Active&Fit Direct*™ in the My Links section.



Over 2,500 digital workout videos including programs from:

Over 11,000 fitness centers and studios nationwide including:



















