

# NO TRICKS. ALL TREATS. AND A SPECIAL OFFER.

Cooler weather makes fall the perfect time to level up your fitness. Join now and get your enrollment fee waived from October 1<sup>st</sup> through October 31<sup>st</sup>!

Learn more at <https://bsca.fitnessyourway.tivityhealth.com/> and use code **BSCOCTOBERPROMO** when you sign up.



## GET FIT FOR FALL!

Sign up now with waived enrollment fees all month long in October.<sup>1</sup>

Learn more at <https://bsca.fitnessyourway.tivityhealth.com/> and use code **BSCOCTOBERPROMO** when you sign up.

- Four gym packages available starting at \$19/month<sup>2</sup>, with no enrollment fee in October<sup>1</sup>
- Join as many gyms as you want, wherever you live, work and play with access to 12,000+ fitness locations<sup>3</sup>
- Digital-only package also available for just \$10 a month<sup>4</sup> (all digital content included with gym packages)
- On-Demand videos available 24/7 and live virtual classes like cardio, boot camps, barre and yoga



## INCREASING YOUR WORKOUT INTENSITY CAN BE SCARY EFFECTIVE.

Adding HIIT to your fitness mix is a great way to get a host of health benefits without spending hours in the gym.



### 1. WORK SMARTER, NOT HARDER

Tacking 20 minutes onto your workouts is only one way to increase their effectiveness. If you're short on time, you can still up the intensity with HIIT, or high-intensity interval training. During a HIIT workout, you alternate between quick bursts of all-out effort and brief periods of dialing it back. With HIIT, you get more done in less time – burst training is the secret to getting the most out of your workouts.



### 2. SHORT WORKOUTS, BIG BENEFITS

HIIT can help you burn 25-30% more calories compared to other workouts, all in 15-30 minute sessions, two to three days per week. HIIT can also help you improve heart and lung health, build muscle strength, and make your body more sensitive to insulin – which means lower risk of developing type 2 diabetes. So many benefits, in so little time!



### 3. MIX IT UP

Another advantage to HIIT? It's a flexible framework and can be modified in endless ways. One HIIT workout might combine cardio and strength exercises with weights, while another may focus solely on low-impact bodyweight exercises like planks and lunges.

No matter what you choose, the basic structure is brief-but-intense work intervals with short rests. Think: alternating 40 seconds of exercise with 20 second breaks. Playing around with different options is a great way to keep your workouts interesting and motivating – and definitely more effective when it comes to fitness benefits.

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**Always talk with your doctor before starting an exercise program.**

1. Offer valid from October 1 through October 31, 2023. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the BSCOCTOBERPROMO promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital-only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details. 2. Without offer, Fitness Your Way enrollment fee is \$19, plus applicable sales tax. 3. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location. 4. For pricing information visit <https://bsca.fitnessyourway.tivityhealth.com/>. Limitations apply. See Program Agreement for details.

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