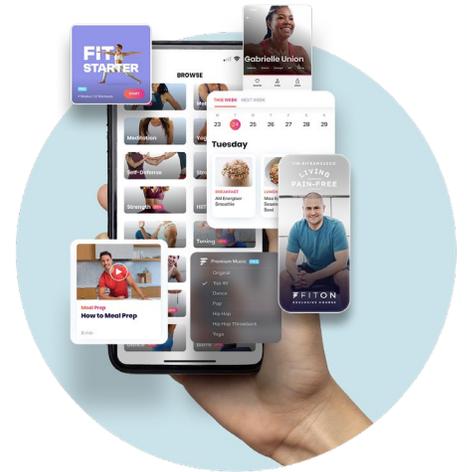




#1 Health & Fitness Platform – all in one place. Gain unlimited access to the best digital fitness & wellness content.



Get Started

1. Go to: fitonhealth.com/register
2. Enter your email & choose a password
3. Follow the instructions on the next screen to verify your eligibility and complete registration.

Please note that **sign up is not supported on the mobile app**. You must sign up through a web browser at fitonhealth.com/register.

Plus so much more...



On-demand fitness and wellness classes



Nutrition programs with 500+ exclusive recipes



Step & workout challenges to help keep you motivated



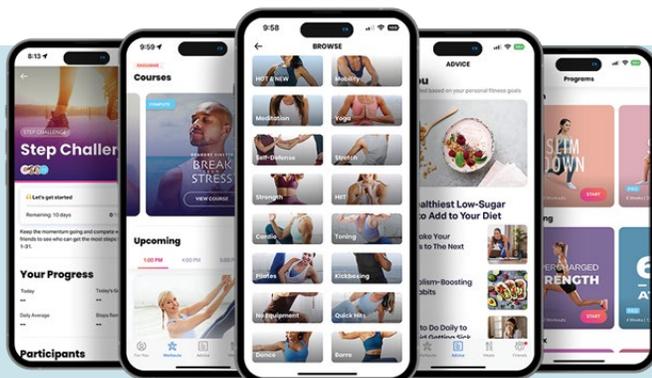
Invite & workout with friends and co-workers

Get Active

After signing in, click the **Digital** tab to access unlimited on-demand workouts, meditations, wellness and nutrition content.

Find exactly what you're in the mood for by browsing all our available options:

- **Genre:** cardio, strength, yoga, etc.
- **Length:** 5, 10, 15, 20, 30 or 45 min
- **Intensity:** low, medium or high
- **Trainer:** choose from 50+ experts
- Challenges, Experiences, and more!



Have Questions?

fitonhealth.com/help

support@fitonhealth.com

fitonhealth.com/members