

GET ACTIVE AND EARN VITALITY FITNESS POINTS

Get active with Vitality Active Rewards and improve your health. Earn Vitality fitness points to achieve your exercise goal and get rewarded. Earning Vitality fitness points through regular physical activity motivates you to stay active which has significant health benefits. You can earn fitness points for one activity a day. If you complete more than one fitness activity in a day, the activity with the highest fitness points will count towards your goal. You can earn fitness points through workouts at our fitness partners or by tracking your activity using a Vitality-linked fitness device.

	Fitness points			
	50	100	200	300
Workout activities		myrun (2.5 km) Health clubs		myrun (5 km) parkrun
Steps	5 000 – 9 999 steps*	10 000+ steps		
Speed workouts		30+ min		
Light workouts at 60 – 69% of max heart rate		30+ min*		
Moderate workouts at 70 – 79% of max heart rate			30 – 59 min	60+ min
Vigorous workouts at 80%+ of max heart rate				30+ min

Earn speed workout fitness points by:

Running at an average of 5.5+ km/hr
Swimming at an average of 1.5+ km/hr
Cycling at an average of 10+ km/hr























Heart rate target tip:

Calculate your maximum heart rate by subtracting your age from 220. Use [this easy guide](#) for more info.

*Earn 50 Vitality fitness points for tracking between 5 000 and 9 999 steps in a day or 100 points for a 30+ minute workout where you are able to maintain 60 – 69% of your maximum age-related heart rate. These activities help our members who are just starting out to take that important first step. These points will contribute to your weekly Vitality Active Rewards goal.

Devices and apps to track your workouts

Vitality offers a range of fitness device options for you to live a healthier, more active life. Link your fitness device and earn Vitality fitness points for tracking your workouts.

Step tracking				Speed tracking			Heart rate tracking			
Apple Watch	Samsung Gear Watch	Polar	Garmin	Fitbit	Health App (free app)	Suunto	Samsung Health (free app)	Withings	Technogym	Huawei Health (free app)
										
										

On Vitality Active Rewards the weekly maximum goal is 900 points. This excludes at-risk members who have a maximum weekly goal of 600 points.

It is recommended that you do 30 minutes of physical activity most days of the week. Vitality encourages you to exercise safely – make sure that you consult your doctor before starting any exercise programme or before increasing your physical activity levels.