

GET ACTIVE AND EARN VITALITY FITNESS POINTS – 2016

Get active with Vitality to improve your health and earn Vitality fitness points to get rewarded. Earning Vitality 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, up to a maximum of 30 000 fitness points a year. You can earn fitness points through workouts at our fitness partners, competing in race events or by tracking your activity using a Vitality-linked fitness device.

	Fitness points			
	50	100	200	300
Workout activities		Health clubs Round of golf VitalityFit Preggi Bellies Run/Walk For Life		parkrun Run/Walk For Life 5km+
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 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 recognise that important first step for many of our members who are just starting out. For this reason, these points will contribute to your weekly Vitality Active Rewards goal, but will be subject to a cap of **1 000 points** per year towards your Vitality Status.

Timed and verified race events points

Claim your points by logging into www.discovery.co.za > Vitality > Gym and fitness with proof of race completion with a race certificate or other supporting documentation.

300	600	1 500	3 000
5 – 9km walking/running event	10 – 20km walking/running event	21 – 41km walking/running event	42km+ walking/running event
0,5 – 1km swimming event	1,1 – 3km swimming event	3,1 – 5,9km swimming event	6km+ swimming event
25 – 49km cycling event	50 – 99km cycling event	100 – 179km cycling event	180km+ cycling event

We also recognise our duathletes and triathletes with the full set of points per event discipline for example, earn 9 000 points for a full Ironman.

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 device at www.discovery.co.za > Vitality > Fitness devices and apps.

Step tracking					Speed tracking			Heart rate tracking				
Apple Watch	Samsung Gear Watch	Polar	Garmin	Fitbit	Health App (Free app)	Suunto	Fitbug	S-Health App (Free app)	iHealth	Misfit	Withings	Jawbone

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** and members in the Endurance and High Performance category who have a maximum weekly goal of **1 200 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.