

UNLOCK THE SECRET TO FINDING YOUR FAVORITE FITNESS ROUTINE

Keep Reading



Discover how you can earn Blue PointsSM for completing activities.

It's no secret that exercise is good for you

Moving your body can help lower your risk for heart disease, diabetes and cancer while also improving your focus, stress levels and sleep. We've put together this guide to help you build your routine and commit to staying fit.

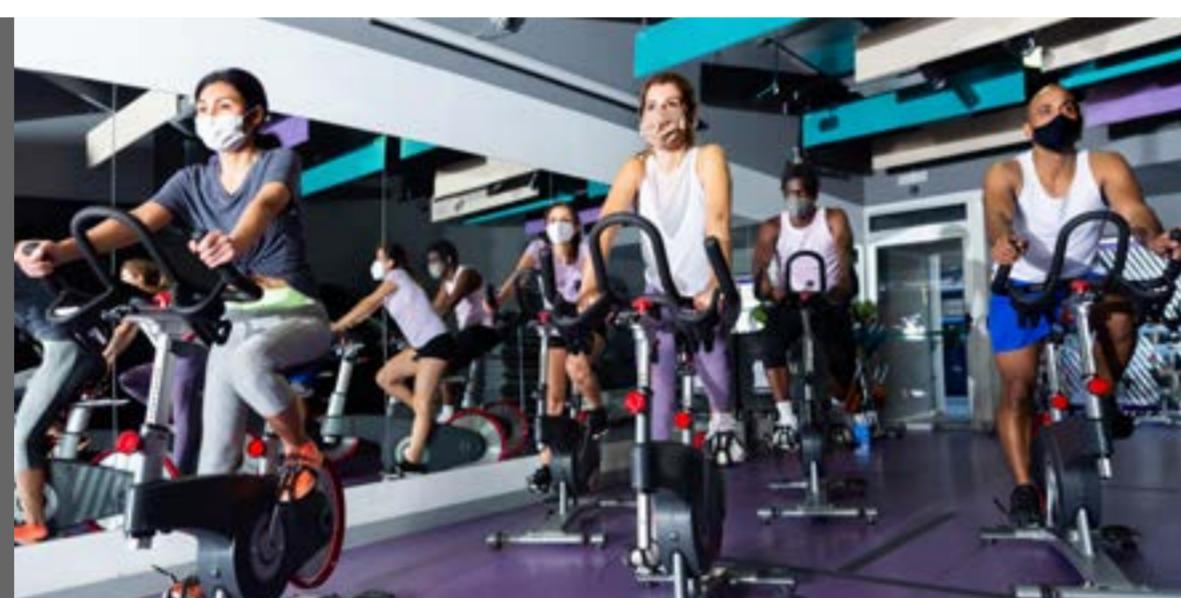
Need more convincing to get moving?

New Member Special: Sign Up Now Through May 31

Join the Fitness Program and pay no enrollment fee now through May. Go to Blue Access for MembersSM then click Fitness in the menu. Enter code **SPRINGSTART21** during enrollment or join over the phone by calling 888-762-2583.

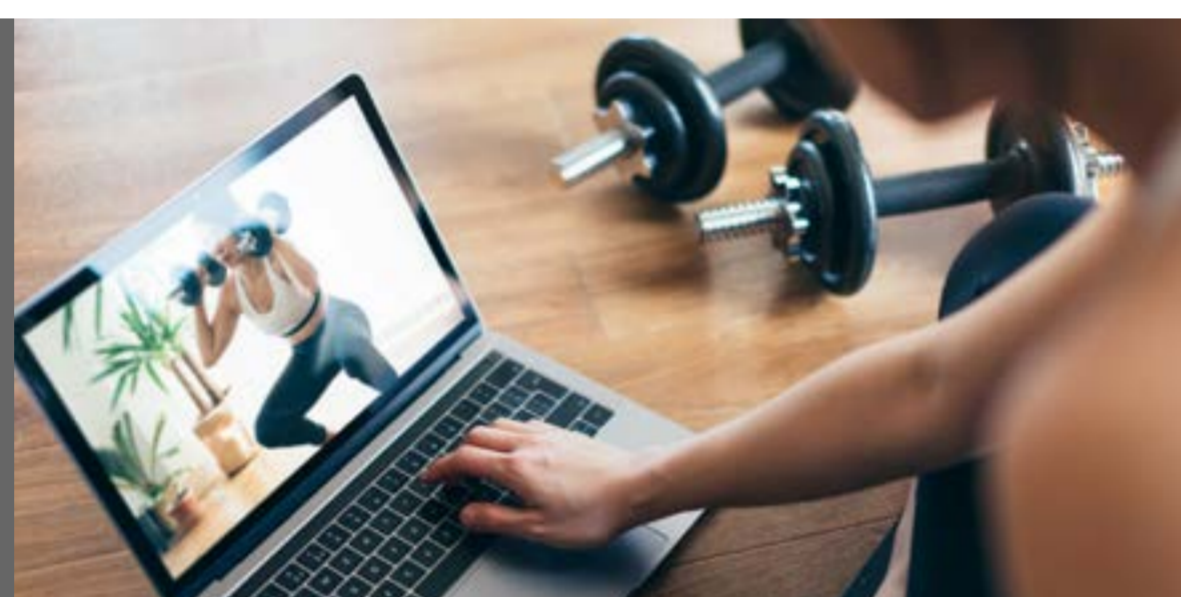
Sign Up for the Well onTarget Fitness Program!

Enroll Now



Get active at your own pace with the "Enhancing Your Physical Activity" Self-Management Program.

Stay Active



Sync up your fitness device or app on the Well onTarget portal to track your activity levels.

Sync Up



Exercise: [Planning Form](#)

Ideas: [For Getting Active](#)

Tips: [Getting Active at Home](#)

Get Started: [Flexibility & Stretching](#)

Learn more about [Well onTarget](#) programs.

Download the Well onTarget Fitness Mobile App

Download the app in the Apple or Google Store. It can help you regularly connect with your fitness goals - anytime and anywhere.



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*Blue Points program rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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