

How to achieve your goals with Vitality



100pts
Go to the dentist for a check-up

200pts
for taking 10,000 steps a day, 5 times a week for 8 weeks

200pts
for confirming you are a non-smoker as part of a Vitality Healthcheck

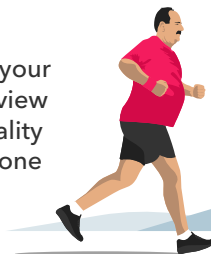
120pts
for taking a fitness assessment at a Virgin Active gym

Virgin active

480pts
Take a Vitality Healthcheck and score in the Green Zone for 4 tests



100pts
Complete your Health Review on our Vitality Member Zone



80pts
Run in a parkrun event once a week for 10 weeks



60pts
for completing 10 or more minutes of mindful activity 3 days a week for 10 weeks

32pts
for going on a 60 minute bike ride once a week for a month

50pts
for volunteering at a parkrun for 10 weeks

300pts
Take 10,000 steps a day, 6 times a week for 10 weeks



240pts
for working out at a Vitality partner gym 4 times a week for 12 weeks

Virgin active

Nuffield Health

PUREGYM

240pts
Take 12,500 steps a day, 5 times a week for 6 weeks

APPLE WATCH

POLAR

GARMIN WITHINGS

SAMSUNG

fitbit

100pts
For joining WeightWatchers and reaching your goal weight



Please visit vitality.co.uk for further details.

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