On your mark, get set, move.

Exercise is an important part of a healthy lifestyle and a great way to earn up to 15 points per day, depending on the type of workout you complete and how it's tracked.

THERE ARE MANY WAYS TO EARN POINTS FOR WORKOUTS:

1. **Connect your compatible fitness device or mobile app** under Profile > Apps and devices. Points will be awarded based on steps, workout calories, heart rate, or active calories depending on the device or app used. Log into the Power of Vitality app at least once per week to ensure your workout data syncs.
2. **Use your smartphone GPS to check in at the gym** under Profile > Gym locator (only available in the Power of Vitality app).
3. **Log a gym workout manually** under Earn points > Wellbeing > Workouts > Gym workout. Workouts completed at a home gym can also be logged in this way.
4. **Self-report another type of workout** under Earn points > Wellbeing > Workouts > Self-reported workout. This is a great option for non-standard or lighter workouts.

LEARN MORE ABOUT HOW WORKOUT POINTS ARE CALCULATED:

WORKOUT	LIGHT (5 POINTS)	STANDARD (10 POINTS	ADVANCED (15 POINTS)
Steps	5,000	10,000	15,000
Workout calories	100	200	300
60% max heart rate	15 minutes	30 minutes	45 minutes
Active calories	Thresholds are shown in the Power of Vitality app, with points based on total daily calories burned.		
Gym workout		Gym visit or home gym	
Self-reported workout	Other workouts completed		

THINGS TO REMEMBER:

- You will only earn points for up to one workout per day (max 15 points per day). The highest level of workout achieved will be awarded.
- For the most up to date list of compatible fitness devices and apps, visit Profile > Apps and devices in your Power of Vitality account. Apps that allow manual data editing are not currently supported.
- If your heart rate drops below 60% of the max heart rate threshold at any time during the workout, including during rest periods, this could impact the level of workout achieved.
- For a smooth experience, use only one connection method (direct or aggregator) to avoid duplicates.
- For help with your device or app, visit the brand's official support page.

Scan to download or open the Power of Vitality mobile app

Privacy is a top priority at Vitality, and we are committed to maintaining the highest level of confidentiality with all the information we receive from our members.