

# Receive up to \$150 for your fitness program

**Independence Blue Cross (IBC) members can receive up to a \$150 reimbursement of fitness center fees upon completion of 120 workouts during a 365-day program enrollment period. With an incentive this good, it's time to join! Here are some tips to help you choose the right club.**

## **Look for:**

- a variety of well-maintained aerobic and strength training equipment;
- an adequate number of trained employees. Core staff should have degrees in physiology, nutrition, and/or physical education;
- classes (e.g., aerobics, yoga, spinning);
- a swimming pool long enough for lap swimming;
- child-care services;
- a sauna and/or a whirlpool for relaxation;
- no high-pressure selling.

## **Look out for these things:**

- Be suspicious if you are urged to sign on the spot.
- Always take the contract home to look it over. Check on the rules for selling your membership.
- Tour the club at the time you plan to use it. Is it jam-packed?
- Ask about extra costs (e.g., towel charge, childcare, lockers).
- Look for waiting lines and out-of-order signs.
- Ask about limits on usage.
- Check to see if your family can use the facilities and how much this will cost.
- Get your money's worth. Plan to use the club's facilities at least three times a week for a minimum of 20 to 30 minutes of aerobic exercise.

For more information on incentives to help you make important lifestyle changes, go to [www.ibx.com](http://www.ibx.com). To enroll in the IBC Fitness Program log on to [www.ibxpress.com](http://www.ibxpress.com).

We're here for you every step of the way.

