

# Get active and earn Vitality fitness points



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 YOU CAN EARN: 18 – 64 YEARS

FITNESS POINTS				
	50	100	200	300
Workout activities	Online workout from a Vitality-enabled fitness facility (30+ min)	Health clubs Round of golf 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.

**\* 1000 fitness points threshold.** 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.

You can earn up to **1 200** Vitality points per month towards your Vitality Status and Vitality Active Rewards goal by tracking 10 000+ steps and online workouts. After the cap is reached in a month, **all 10 000+ step activity and online workouts** will continue to count towards Vitality Active Rewards goal.

### Please note:

- Track 30+ minutes of physical activity in one exercise session a day at a minimum average speed of 5.5 kilometres an hour (walking/running); 1.5 kilometres an hour (swimming) or 10 kilometres an hour (cycling).
- Workouts with an average speed exceeding 25 kilometres an hour (walking/running), 6 kilometres an hour (swimming) or 60 kilometres an hour (cycling) will **not qualify for Vitality points**.

## FITNESS POINTS YOU CAN EARN: 65 YEARS +

FITNESS POINTS				
	50	100	200	300
Workout activities	Online workout from a Vitality-enabled fitness facility (30+ min)	Health clubs Round of golf; Run/WalkForLife		parkrun Run/WalkForLife 5km+
Steps	5000 – 7 499 steps*	7 500+ steps		
Speed workouts		30+ min		
Light workouts at 60 – 69% of maximum heart rate		30 – 59 min	60+ min	
Moderate workouts at 70 – 79% of maximum heart rate				30+ min
Vigorous workouts at 80%+ of maximum heart rate				30+ min

\*The annual limit of 1 000 Vitality points for completing 5 000 to 7 499 steps will apply.

**Please note:** Vitality 65+ members can earn up to 30 000 Vitality fitness points a year by tracking steps and have no monthly steps cap when completing 7 500 steps or more a day.

**Please note:**

- Track 30+ minutes of physical activity in one exercise session a day at a minimum average speed of 5.5 kilometres an hour (walking/running); 1.5 kilometres an hour (swimming) or 10 kilometres an hour (cycling).
- Workouts with an average speed exceeding 25 kilometres an hour (walking/running), 6 kilometres an hour (swimming) or 60 kilometres an hour (cycling) will **not qualify for Vitality points**.

## TIMED AND VERIFIED RACE EVENTS POINTS





























Claim your Vitality points online or via the Discovery app. Remember to attach your proof of race completion with a race certificate or other supporting documentation.

300	600	1 500	3 000
5 – 9km walking/running event 0,5 – 1km swimming event 25 – 49km cycling event	10 – 20km walking/running event 1,1 – 3km swimming event 50 – 99km cycling event	21 – 41km walking/running event 3,1 – 5,9km swimming event 100 – 179km cycling event	42km+ walking/running event 6km+ swimming 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 fitness device and earn Vitality points for tracking your workouts.

 Step tracking			 Speed tracking			 Heart rate tracking			
Apple Watch	Samsung Gear Watch	Polar	Garmin	Fitbit	Health App (Free app)	Suunto	Samsung Health (Free app)	Withings	Huawei Health
									
									
									

**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**. Please note: only Vitality members have access to the Endurance and High Performance category.

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.



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