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## **Fitness Discounts**

*Help keep your employees fit for less*

**My Gym Discounts is a voluntary, self-paid gym membership scheme. Employees benefit from corporate rates and pay the**

# club directly like a normal membership.

It offers discounts at over 3,500 gyms across the UK and Ireland with different membership schemes available. Participating gyms include:

- PureGym
- Fitness First
- Nuffield Health
- Virgin Active
- LivingWell health clubs

My Active Discounts is a collection of products and services encouraging your employees to lead a more active lifestyle. Discounts are available on sports clothing, fitness trackers, spa breaks, nutritional supplements, healthy food deliveries, home fitness equipment, activity holidays, leisure days out, outdoor race events and much more.

## **How does it work?**

To access corporate rates in the local area, employees simply need to:

1. Log on to the My Gym Discounts portal
2. Select their chosen gym
3. Download a discount voucher
4. The chosen club will be prompted to arrange a visit for them to join
5. Take their voucher to the gym

Employees can visit: [www.mygymdiscounts.co.uk](http://www.mygymdiscounts.co.uk) to find their local participating club, and log in with the company reference BHSF.

## **What is included:**

- Discounted Fitbit
- Clothing and footwear
- Nutritional supplements
- Discounted online fitness workouts
- Fitness equipment for home
- Discounted Gym membership
- Discounted nutritional supplies e.g HelloFresh, Musclefood, TasteCard, Gusto, Graze

## **Benefits to employers:**

- Help to get fit and healthy

- Employees who exercise are generally healthier over the long term and take fewer days off sick
- A cost effective option by offering a corporate discount to your staff

#### Benefits to employees:

- Help to get fit and healthy
- Keeps more in their pocket with a discounted gym membership
- Over 3,500 gyms to choose from around the UK and Ireland

#### Get A Quote

## Benefits of staying active

Start making a positive impact on the health and wellbeing of your employees today. Get in touch by completing the form below.

First name  Last name   
 Telephone number  Email address  Company name   
 Number of employees in company

Confirm your preferred method(s) of contact:

☐ email ☐ phone

Read our full privacy policy [here](#).

Need to know more? Give us a call on **0121 454 3601** or email [\*\*services@bhsf.co.uk\*\*](mailto:services@bhsf.co.uk)

Find out more about our other health and wellbeing services:

#### Our services

[Download our brochure ›](#)

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