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Benefits News



Start Saving with Fitness Deals and Gym Discounts

This document is part of the PEBB April Newsletter, Body Positivity. To access other resources, visit the [News and Events page](#).

Is physical activity part of your body-loving routine? Or are you looking to make it part of your routine? For many people, exercise helps maintain a positive attitude, and supports emotional wellbeing and healthy sleep.

Read on to check out the fitness deals and discounts offered to you through PEBB.



Fun Fact!

Gym memberships and discounts are among the top-searched benefits by PEBB members.



Providence Health members: Get access to gyms, fitness centers, online workouts, and more through [One Pass Select](#). If you prefer to purchase your own exercise and nutrition products or want discounts on wellness activities, check out [LifeBalance](#) for ways to save.



Moda Health members: Save money on gym memberships through [Active&Fit Direct](#). You can also receive discounts on health and fitness products through [ChooseHealthy](#).



Kaiser Permanente members: Use [ClassPass](#) to access on-demand workouts. Or, receive discounts on gym memberships through [One Pass Select Affinity](#).



PEBB members with access to Canopy can also receive [gym discounts](#).



Remember!

You don't have to go to the gym to be active. If you want to nourish your body with activity, there are lots of ways to add movement into your daily routine.

- Try [chair yoga](#). (Use apps like Instagram or YouTube to find people who post daily routines.)
- Use household items like cans for strength training.
- Take a walk around the block.
- Dance around your living room.