



Getting active just got easier™

The Active&Fit® program is designed to support every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



8,000+ Digital Workout Videos

Go to kp.org/activeandfit to view workout videos, perfect for all fitness levels.



Standard Fitness Network Choices

Work out at 13,000+ participating fitness centers.



Member Resources

Visit the online library of resources for exclusive articles and videos on healthy eating, staying active, and more.



Home Fitness Kits

Pick your favorite kit (one per benefit year):*

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit

Go to kp.org/activeandfit to get started today!

For questions, call us toll-free at 1.877.750.2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

IMPORTANT! If you are enrolled in the Active&Fit Direct™ program, you must cancel your program enrollment before becoming a member of the Active&Fit program. Please log in to www.ActiveandFitDirect.com to cancel your Active&Fit Direct program enrollment. If you have questions, call us toll-free at 1.844.646.2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**. Kits are subject to change.

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