



Run or walk, you'll make your way to

GREAT HEALTH

and lifestyle rewards.

Run/Walk For Life

What this benefit offers Vitality members

Run/Walk For Life is South Africa's leading fitness and weight loss running and walking programme. This benefit lets you join Run/Walk For Life at 80% off the annual activation fee. You can also earn Vitality points for taking part in Run/Walk For Life activities.

Who may use this benefit

You and your spouse (if applicable) can activate your Run/Walk For Life memberships at a saving of 80%. You can get the latest rates from Run/Walk For Life by calling 0861 00 55 66 or visiting www.runwalkforlife.co.za.

An adult dependant and a child older than 18 cannot join through Vitality at this special rate, but they can earn Vitality points at Run/Walk For Life. Children under the age of 18 years can take part for free, if accompanied by a paying parent or guardian but they won't earn points.

- If you use the Run/Walk For Life benefit, you will not get the Vitality saving on the Planet Fitness or Virgin Active benefit.
- If you use the Planet Fitness or Virgin Active benefit, you will not get the Vitality saving on the Run/Walk For Life benefit. You can join Run/Walk For Life as a self-paid member and still earn Vitality points. These points will contribute towards your overall yearly maximum fitness points of 15 000. You will only earn points for one workout a day.
- If you have an existing membership with Run/Walk For Life, it will have to end first before you can join through Vitality at the 80% saving for a year.

What you pay

You must pay a fee each year to maintain your benefit with Run/Walk For Life.

How it works

Getting started

Each person must take the following steps to join:

Step 1: Contact Run/Walk For Life to find your nearest branch on www.runwalkforlife.co.za or call 0861 00 55 66.

Step 2: Run/Walk for Life will arrange a time for you to go to a branch and sign up.

Step 3: Go to the branch and take your:

- Discovery Health membership card with proof of your Vitality membership
- Identity document
- The first yearly fee.

Run/Walk For Life will confirm that you have an active Vitality membership.

If you joined Run/Walk For Life before 2003

You will have to visit Run/Walk For Life at least 36 times in each rolling 12 months. If you do not, you will pay the annual activation fee again. The 12 months is a rolling 12 months and is not a calendar year.

A rolling 12 months means that, at any time, we will check how many visits you have over the past 12 months. For example, if we check in March and you have only 20 visits since the previous March, you will have to pay the yearly fee again. You should have three or more visits each month to ensure you have enough visits in each rolling 12 months.

It is up to you to check your points to make sure you have made at least 36 Run/Walk For Life visits in each rolling 12 months. If you do not have at least 36 Run/Walk For Life visits in each 12 months, you will have to pay 80% of the current yearly fee.

If you joined Run/Walk For Life from 2003 onwards

If you joined from 2003 onwards, we do not count your visits in every rolling 12 months but you do have to pay the yearly activation fee.

Vitality points you earn

Who can earn points	All members 18 years and older.
How many points you earn	You earn 150 Vitality points for each day you take part in a workout session.
Limits to the points you can earn	Yearly limit: The maximum number of points for fitness activities is 15 000 each year. Daily limit: You may earn only 150 points each day.

Vitality points will only be awarded for one fitness activity a day. If you complete two fitness activities in one day, then the higher points between the two will be awarded.

When this benefit ends






We will cancel the Run/Walk For Life benefit if:

- You are no longer a member of Vitality
- You do not renew the benefit with Run/Walk For Life after 12 months
- You joined before 2003 and have not made 36 activities in a rolling 12 months.

If you cancel your Run/Walk For Life benefit, we will stop it at the end of the month you cancel it. You will not get a refund.

Stay in touch

Terms and conditions apply. If you have any questions or need more information about this benefit, please visit www.discovery.co.za and click on Vitality or call 0860 99 88 77. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will apply at all times.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).