

GET ACTIVE AND EARN FITNESS POINTS – 2016

Get active with Balance to improve your health and earn fitness points to get rewarded. Earning 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 Garmin device.

Fitness points				
	50	100	200	300
Workout activities		Health clubs Round of golf VitalityFit 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.

* Earn 50 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, but will be subject to a cap of **1 000 points** per year towards their Status.

Timed and verified race events points

Claim your points by logging into www.balancesa.co.za > Get Healthy > Gym and fitness with proof of race completion with a race certificate or other supporting documentation.

300	600	1 500	3 000
5 – 9km walking/running event	10 – 20km walking/running event	21 – 41km walking/running event	42km+ walking/running event
0,5 – 1km swimming event	1,1 – 3km swimming event	3,1 – 5,9km swimming event	6km+ swimming event
25 – 49km cycling event	50 – 99km cycling event	100 – 179km cycling 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.

It is recommended that you do 30 minutes of physical activity most days of the week. Balance encourages you to exercise safely – make sure that you consult your doctor before starting any exercise programme or before increasing your physical activity levels.