

# NUFFIELD HEALTH GYM DISCOUNT

Get healthy on the inside and out with  
20% off gym membership

## What can you achieve in 7 days?

A week is all you need to start making steps towards improved physical and emotional health.

### FITTER



In just a few days, you can improve your stamina and energy levels to achieve a more effective workout. You might even lose a few pounds along the way.

### HAPPIER



Recent studies show the link between physical activity and improved mood. Even a small amount of exercise can help you to clear your mind, relax and feel happier.

### HEALTHIER



With only small but marked improvements to your fitness and emotional well-being, you'll be well on the road to discovering a new, healthier you.

With your Cigna plan, you can enjoy a 20% discount on Nuffield Health gym membership. With access to more than 110 fitness and well-being centres across the UK, their expert team are always available to help you reach your fitness and well-being goals. Membership includes access to:

- › A health MOT to obtain your health score, expert health advice and a personalised action plan.
- › A wide range of exercise classes to suit people of all levels and abilities, from first timers to seasoned gym goers.
- › An extensive variety of equipment to help you make the most of your gym routine.
- › Rewards for becoming healthier such as one month's free membership, personal training sessions, or massages and spa treatments.

**To join and enjoy 20% off, simply visit any Nuffield Health gym with your Cigna ID number.**

Together, all the way.™

 Nuffield Health

 Cigna®

**Together, all the way.<sup>SM</sup>**



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