

# GET ACTIVE AND EARN VITALITY FITNESS POINTS FOR ENDURANCE AND HIGH PERFORMANCE



Get healthy  
Get rewarded

We have tailored the Vitality programme for highly active members by introducing a new category for Endurance and High Performance to recognise the ongoing dedication and efforts when it comes to both training and competing at this level. You can earn fitness points for one activity a day, up to a maximum of 30 000 fitness points a year. This category is for individuals exercising in peak performance zones and who regularly participate in marathons, triathlons and similar endurance events. These Endurance and High Performance members typically exercise at lower heart rates for longer periods of time.

	Fitness points					
	50	100	200	300	450	600
<b>Workout activities</b>	Online workout from a Vitality-enabled fitness facility (30+ min)	Health clubs Run/Walk For Life		parkrun Run/Walk For Life 5km+		
<b>Steps**</b>	5 000 – 9 999 steps*	10 000+ steps				
<b>Speed workouts</b>		30+ min				
<b>Light heart rate workouts at 60 – 69%</b>		30 – 89min*		90 – 119 min	120 – 179 min	180+ min
<b>Moderate heart rate workouts at 70% – 79%</b>			30 – 59min	60 – 89 min		
<b>Endurance heart rate workouts at 70%+</b>					90 - 119 min	120+ min
<b>Vigorous heart rate workouts at 80%+</b>				30 – 89 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.

\*These points contribute to weekly Vitality Active Rewards goals but are capped at 1 000 points per year towards Vitality Status.

Timed and verified race events points			
Claim your points by logging into <a href="http://www.discovery.co.za">www.discovery.co.za</a> > Vitality > 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.

Devices and apps to track your workouts									
Vitality offers a range of fitness device options for you to live a healthier, more active life. Link your device at <a href="http://www.discovery.co.za">www.discovery.co.za</a> > Vitality > Gym, devices and fitness.									
Step tracking			Speed tracking				Heart rate tracking		
Apple Watch	Samsung Gear Watch	Polar	Garmin	Fitbit	Health App (Free app)	Suunto	Samsung Health (Free app)	Withings	Huawei Health

The new Endurance and High Performance category is by application only. As well as completing a simple eligibility questionnaire online to ensure that it is safe to exercise for long durations, eligibility will also be based on 2016 race event participation or device-recorded vigorous workouts of at least 90 minutes. Members wishing to be part of this category will be asked to satisfy ongoing eligibility criteria.

**On Vitality Active Rewards?** Members in the Endurance and High Performance category have a maximum weekly goal of **1 200 points**.

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