

# Get fit and healthy your way

## With up to 40% off flexible gym memberships

Everyone's route to better health and fitness is different. With our latest gym offers, you're not tied down to one venue. There's even an online-only fitness option, giving you the flexibility to look after your health and wellbeing in the way that works for you.

It's never been simpler to stay fit and healthy in mind and body:

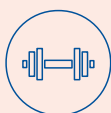
- ✓ Discounted memberships.
- ✓ No cancellation charges.
- ✓ Different activities and gyms.
- ✓ In-person and online options.

## Up to 40% off at Nuffield Health

- ✓ Their fitness and wellbeing centres are a great place to develop healthy habits or try something new.
- ✓ Or you can keep fit when visiting the gym's not an option with their 24/7 online-only membership.

## Up to 40% off at Hussle

- ✓ With a Hussle Monthly+ pass, you can visit multiple gyms from a range of over 2,000.<sup>1</sup>



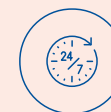
### Flex your routine with **Hussle multi-gym**

- ✓ **40% off** a Hussle Monthly+ pass for you and anyone covered by your company healthcare plan with PHC.
- ✓ **33% off** for you if you're not covered by your company healthcare plan with PHC.
- ✓ **No annual contract** (three months' minimum membership required).
  - Gyms, pools and spas at home or nationwide<sup>1</sup>.
  - Online fitness classes, including Yogaia.



### Dive into wellness at **Nuffield Health**

- ✓ **40% off** monthly individual memberships<sup>2</sup> for you and anyone covered by your company healthcare plan with PHC.
- ✓ **20% off** for you and your partner/spouse not covered by your company healthcare plan with PHC.
  - 114 centres nationwide.
  - 100s of group exercise classes.
  - 24/7 online fitness classes included.
  - Free seven-day trial.



### Never miss a workout with **Nuffield 24/7 online gym membership**

- ✓ **Just £4.19 a month<sup>3</sup>** normally £6.99 per month without the 40% discount.
- ✓ **Discount available** for your partner/spouse too.
  - Over 300+ classes including mental health support and more.
  - Search by workout duration or intensity.
  - Prehab and rehab classes designed by advance level physiotherapists.

To redeem, go to [thephc.co.uk/gym-discount/](https://thephc.co.uk/gym-discount/)

For full terms, see [axahealth.co.uk/terms/gym-discount](https://axahealth.co.uk/terms/gym-discount)<sup>1</sup> Available venues depend on the primary gym you choose and you need to be 16 or over.<sup>2</sup> As a member, you can access your home club (the one you select on joining) as well as many more clubs around the country. These depend on your home club. You must use your home club at least 50% of the time. Spouses/partners and/or dependants are included if they are named on your current PHC private healthcare plan. They need to be 18 or over. A transfer fee of £39 will apply if you move from a current Nuffield Health membership to this offer. There's no transfer fee if you are a new Nuffield Health member and are taking advantage of this offer.<sup>3</sup> Available to you as an employee with or without PHC membership and the discount is available to your partner/spouse too.

This promotion is issued by PHC. PHC is a trading name of The Permanent Health Company Limited which is authorised and regulated by the Financial Conduct Authority under reference 310293. Registered Office: 20 Gracechurch Street, London EC3V 0BG. Registered in England and Wales No. 2933772. Write to us at The PHC, 32 Church Street, Rickmansworth, Hertfordshire, WD3 1DJ. T. 01923 770 000. PB111977 10/23