

Welcome to Active&Fit[®] Healthy Living Coaching



One-on-one lifestyle coaching to help you reach your health goals.

With Active&Fit Healthy Living Coaching, you'll receive personalized, over-the-phone lifestyle coaching with a trained health coach* to help meet your fitness, nutrition, and lifestyle goals.

The program is customized to support you as an individual, and help you set and reach your goals at your own pace.

Coaching and healthy living resources are offered as part of the Active&Fit program at no additional cost.

Get started at ActiveandFit.com. You'll find the program details on your home page.

1 Simply call the provided phone number to schedule your 30-minute kickoff coaching session.

2 Work with your coach to determine how often you'll have sessions. Each session lasts up to 15 minutes.

*Information provided by Active&Fit health coaches and the Active&Fit program does not take the place of information, advice, recommendations of your physician/doctor or any other specialty health care providers.

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