

# PHYSICAL



## Get Active Dayz™ for the number of steps you take each month!

### At a glance

Walking is one of the most effective ways of increasing your fitness. Although it's a low impact exercise, making it safe for people of all ages and fitness levels, just three half-hour walking sessions per week can have a marked impact on your cardiovascular wellness.

### What you get

#### Premier

You'll get an Active Day every time you reach the goal number of 10 000 steps per day.

#### Provider

You'll get an Active Day every time you reach the goal number of 10 000 steps per day.

#### Starter

You'll get an Active Day every time you reach the goal number of 10 000 steps per day.

### How it works

#### Using the benefit

Download the pedometer software for Windows or Mac. Go to [www.momentum.co.za/multiply](http://www.momentum.co.za/multiply), click on Pedometer support in the Info centre.

Register your pedometer and link it to your Multiply profile by connecting your pedometer to your computer's USB port and following the appropriate steps.

Make sure that your pedometer is programmed with your personal measurements.

The standard Multiply Ts & Cs apply.

