



# Get Ready.

## Thrive Across America

Get ready for Thrive Across America<sup>SM</sup>—a new online physical activity program that lets you compete and have fun while getting fit.

### Team up and compete.

Start or join a team to help motivate and support you. Teams consist of 4-10 members who work together to keep active. (Team membership is not required to participate.)

### Anyone can be a star.

Consistency, not athleticism, is the key to success here. For each day you record 30 minutes or more of exercise, you earn a Thrive Across America star. The more stars you and your team earn, the higher your score.

### Make exercising fun again.

Turn exercise into a social event, switch up your gym routine, or try a new class you've been eyeing. Choosing activities you enjoy will help you stay motivated over the long run—leading to results you can see and feel.

### Get the app.

Download the Thrive Across America app for the iPhone<sup>®</sup> or Android<sup>™</sup> from the App store<sup>SM</sup> or Google Play—and log your time as you go!

**Registration and team formation start Monday, September 15, 2014.**

