

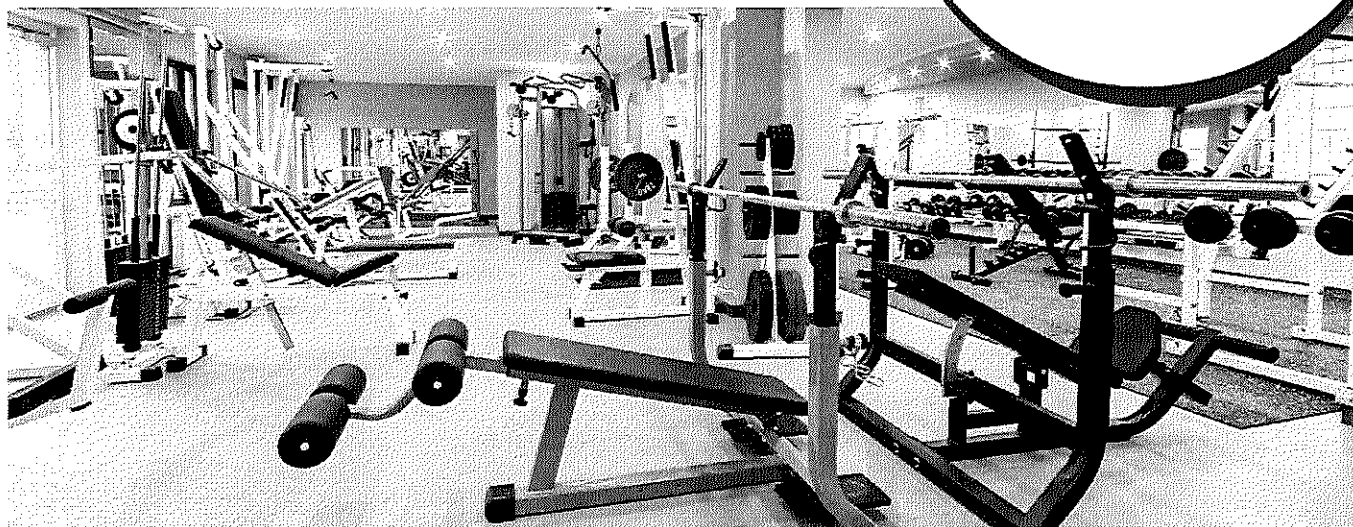
# PREFERRED FITNESS PROGRAM

**fitFHCP**  
Healthy Starts Here

**80+**

We have over **80 gyms** in our ever **growing** network of preferred fitness partners

FHCP offers a **variety** of health, wellness, and fitness programs at **little** or **no cost** to members.



## **UNLIMITED ACCESS, UNLIMITED POSSIBILITIES**

The Preferred Fitness Program is one of FHCP's most popular benefits that you can offer to your employees. This program offers your employees and their dependents **free, unlimited** access to over 80 gyms and fitness facilities. We partner with a wide variety of facilities so that your employees can find the best fit for them.

## **BENEFITS OF EXERCISE AND PREFERRED FITNESS:**

- Boosts creativity and focus
- Improves mood and morale
- Recruitment and retention
- Weight management
- Combats health conditions and diseases
- Stress relief and relaxation

## **JUST SOME OF OUR FHCP GYM PARTNERS**

- Volusia-Flagler Family YMCA: 6 locations!
- Gold's Gym in Ormond Beach
- Planet Fitness in Daytona Beach, St. Augustine, Palm Coast, Rockledge
- Workout Anytime in Daytona Beach Shores
- Vision Fitness in New Smyrna Beach
- Anytime Fitness in Port Orange, Melbourne, Ormond Beach
- Crunch Fitness in Deltona
- St. Augustine YMCA
- Ponte Vedra YMCA
- Titusville YMCA



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WELLNESS@FHCP.COM



**Florida  
Health Care  
Plans**



An Independent Licensee of the Blue Cross and Blue Shield Association

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