



GETSWEATY.com is a free online workout program for kids. See how you can exercise, earn points and win prizes when you GETSWEATY.

We know the health and well-being of your children is important to you. Daily physical activity is a key component of a healthy lifestyle. **GETSWEATY** offers a simple, free opportunity for your children to get physical activity in a fun-and safe-environment.

GetSweaty provides:

- Workouts designed specifically for children by certified professionals
- They are fun, innovative and change daily so your child won't get bored
- Incentives for working out via a rich bonus point system.
- Points are redeemable for great prizes.
- Kid-friendly tips on healthy snacking
- Answer to kids' questions about diet and exercise
- A personalized profile page so your child can keep track of his or her goals and progress

Start today.

- 1. Visit GETSWEATY.com**
- 2. Register with an adult's help.**
- 3. After you register, click on "Crews and Challenges," and then join the "UHC Community Plan Crew."**
- 4. You're ready to GETSWEATY.**