FEEL GREAT INSIDE & OUT

Keeping physically active can prevent major illnesses and is the basis for a healthier lifestyle.

"I saved £78 on my gym membership"
Amanda, West Sussex

Plus, with savings at over 3,000 health clubs, leisure centres and fitness studios across the UK, there's sure to be a local club to you.

Exercise and a full body workout can:

- Reduce the risk of heart disease by up to 50%
- Provide a 65% improvement in sleep
- Boost the "happy" chemicals in your brain
- Plus much more

medicash
a positive approach to health

TO FIND YOUR LOCAL GYM AND START SAVING SIMPLY VISIT
MEDICASH.ORG/GYMDISCOUNT

Scan the QR code to view a video to find out more