

# FREE Fitness Blender Plus Membership Trial - 2022

## \*30-Day Free Trial for Discount Tire Health and Wellness Fair Participants

Discount Tire is thrilled to partner with Fitness Blender again this year!  
Free trial includes full access to Plus and Free content outlined below:



**Feel Great. Body and Mind. Choose from hundreds of workouts, healthy recipes, relaxing meditations, and expert articles, for a whole body and mind approach to feeling great.**

### Sign Up

UR: <https://www.fitnessblender.com/organizations/discount-tire/join>

Access Code: 815910

### Effective March 2022, new features included in FB Plus Membership:

- New trainers added with video content from Doctors of Physical Therapy, Mental Health Professionals, as well as Pre-Postnatal Specialists
- Roll-out of Meal Plans including weeks of recipes for everything from health snacks, sauces/dressings, and drinks to full breakfasts, lunches, and dinners
- In addition to our new Guided Meditations, a Mental Health Challenge packed with mental exercises, tools, and reading material will be released by month end
- A host of new website features including better ways to organize/participate in full-length programs

Existing Membership Features: <a href="https://www.fitnessblender.com/membership">https://www.fitnessblender.com/membership</a>	Plus	Free
Hundreds of Professionally Built Workout Videos	✓	✓
Wide Selection of Healthy Living Articles	✓	✓
Healthy and Convenient Recipes	✓	✓
Positive and Encouraging Community	✓	✓
Interactive Workout Calendar	✓	✓
Vlogs, Behind-the-Scenes Updates, Weekly Giveaways	✓	✓
Search and Filter Videos to Find Exactly What You Need	✓	✓
Save Your Favorite Videos	✓	✓
Ads-Free Website and Videos	✓	
"Surprise Me" Workout Selection Tool	✓	
Statistics for Your Activities	✓	
Enter and Track Custom Workouts	✓	
Trackers to See Your Progress	✓	
Exclusive Workouts & Workout Challenges	✓	
See Workout History and Take Notes on Individual Workouts	✓	
Additional Video Filters for More Refinement	✓	
Tagging to Help Organize Videos	✓	
Create, Save, and Repeat Personal Routines	✓	
Ability to Mark Rest Day Complete	✓	
One Click Access to Find Similar Workouts	✓	
Custom Difficulty and Minute Tracking for more Accurate Workout Data	✓	
Schedule Recipes on the Calendar	✓	
Individual Recipe Dashboards with Tags and Notes	✓	
Schedule Expert Articles on the Calendar	✓	
Individual Expert Articles Dashboards with Tags and Notes	✓	
Workout Program Shelf to help organization your active programs <b>NEW</b>	✓	

**\*Trial membership expires April 16, 2022 at Midnight, PST.**