



**ACHIEVE**  
YOUR WELLNESS GOALS WITH  
**GymNetwork 360**

Achieving optimal health and wellness doesn't have to be complicated or expensive. Cascade's partnership with **GlobalFit** provides you with access to the right products at the right price. Create lasting healthy changes with discounted gym and studio memberships, nutrition and weight loss programs, and wellness tools and resources.

GlobalFit's **Gym Network 360** helps you make your wellness goals a reality with programs that focus on the essential components of wellness: **Exercise**, **Eating**, and **Education**.

### **Exercise**

- Receive exclusive membership discounts at over 9,000 gyms, fitness centers, and studios nationwide for you and your family members.
- Choose from top brands including LA Fitness, Anytime Fitness, Curves, and Gold's Gym, as well as specialty studios including yoga, CrossFit, kickboxing, and Pilates.
- Enjoy reduced pricing on Les Mills Group Fitness On Demand, Trainer On Demand, and Zumba exercise DVDs.

### **Eating**

- Find the nutrition or weight loss program that's right for you, from prepared meals and the support of a personal consultant to online tracking tools and fresh food delivery.
- Receive exclusive discounts on weight loss and healthy eating programs for the whole family.
- Choose from trusted brands including Nutrisystem, Jenny Craig, Power Up, Man Up, Diet-to-Go, and Kurbo.

### **Education**

- Create lasting healthy habits with tools and resources that support you along your wellness journey.
- Enjoy our digital GO Newsletter with cutting-edge wellness content.
- Get support achieving your individual wellness goals, from smoking cessation to stress reduction, with reduced pricing on professionally guided health coaching programs.

**Get Started Today**

[www.globalfit.com/cascadeEAP](http://www.globalfit.com/cascadeEAP)

Powered By

 **GlobalFit**<sup>®</sup>