



AMIkids FitOn Pro Fitness Program

As part of our wellness initiative, AMIkids has partnered with FitOn to provide a customizable fitness program to all our Team Members (FT, PT, OPT), regardless if you are enrolled in our health plans, at **NO COST** to you!

At this time, the Program is only available to Team Members, dependents are not eligible. Participation in this program is confidential and none of your personal data is shared with AMIkids.

With FitOn, you have access to a digital platform with hundreds of online streaming fitness classes from the comfort of your home via the FitOn mobile app. You have access to on-demand fitness and wellbeing classes, nutrition recipes and meal plans, fitness challenges and the ability to invite and workout with co-workers.

What is FitOn?

FitOn is one of the world's largest health and fitness platforms that features workouts and classes from top celebrities and brands along with special courses, challenges, and nutrition guides. Choose from cardio, HIIT, yoga, pilates, meditation, dance, barre, as well as nutrition guides and meal plans. You can workout with some of your favorite celebrities and fitness brands including Halle Berry, Jonathan Van Ness, Orangetheory Fitness, Zumba and more!

How to get started!

Login to fitonhealth.com/register, enter your email and choose a password. I recommend using your personal email address when setting up your account. Verify your eligibility by entering your full name, birthday and zip code. Once your initial account is set-up, you can then access everything directly through the FitOn mobile app using your email and password you set up online.

What if I have questions or trouble logging in?

FitOn's Client Services team is your one-stop-shop for FitOn related questions. You may email them directly at support@fitonhealth.com.

You may also contact your AMIkids Benefits Department, Brandie Holjes, at bholjes@amikids.org or 813-887-3300.