

Gym Discounts

Get discounts on gym memberships, digital fitness subscriptions and equipment at locations across the UK:

- Offers are updated regularly
- Get fit and start improving your health
- Discounts on everything from on-demand workout programs to holidays, clothing and equipment

Visit westfieldhealth.com/my-westfield for access.



Sign in to see the latest deals

The NHS recommends adults should do some type of exercise every day



Did you know?

People who do regular exercise have:

- Up to 35% lower risk of heart disease and stroke
- Up to 30% lower risk of depression
- Up to 30% lower risk of dementia

Source: [NHS](#)

Login to My Westfield to make a claim, check your balances and manage your account.

westfieldhealth.com/my-westfield

Please refer to your Plan Guide for full terms and conditions.

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