

# STAY FIT AND HEALTHY WITH RUN/WALK FOR LIFE

## MEDICLINIC baby

HAS PARTNERED WITH RUN/WALK FOR LIFE TO OFFER MEMBERS DISCOUNTED RATES WHEN JOINING THIS FITNESS CLUB WITH BRANCHES ACROSS THE COUNTRY.

### MOVING TOWARDS YOUR BEST HEALTH

Run/Walk For Life offers expectant and new mothers safe, customised exercise sessions tailored to their unique needs and circumstances, with the added benefit that the programme has been medically and scientifically endorsed for pregnant women.

Mediclinic Baby members interested in joining the programme simply need to present themselves at a Run/Walk For Life branch with confirmation of Mediclinic Baby membership.

### Cost of joining the programme for Mediclinic Baby members

- R99 for an initial one-month membership
- R125 per month for a six-month contract thereafter

For more information, or to locate your nearest Run/Walk For Life branch, please visit [www.runwalkforlife.com](http://www.runwalkforlife.com) or call 0861 00 55 66.



**EXPERTISE YOU CAN TRUST.**