



*Creating a Healthy Balance*

Welcome to Rite Rewards. Our goal has always been to create a supportive environment and provide the necessary resources for our members to create a healthy lifestyle. We know how important it is to stay motivated in order to reach your nutrition and fitness goals; we have developed Rite Rewards to recognize and support your healthy lifestyle.



Earn 25 Rite Rewards points for each of the following healthy behaviors:

#### Refer a Friend

For each referral who becomes a member, you receive reward points

#### 100 Visits to The Rite Bite

Simply swipe your keycard each time you visit to receive reward points

#### Know your Numbers

Participate in an annual health screening

(To include: Glucose, Cholesterol, LDL, HDL, Triglycerides, Blood Pressure, and Body Composition)

#### Your Cause, Our Points

Participate in one health and fitness community event

Examples may include; National Start! Walking Day, Jingle Bell Run,  
Race for the Cure, etc...

**Accumulate your reward points and use them like cash for any Rite Bite service you choose.**