health shield
The best of health

MYGYM DISCOUNTS

MyGymDiscounts

Affordable fitness on the path to better health

With a Select Health Cash Plan from Health Shield, you can provide your people with access to the additional benefit MyGymDiscounts. Offering significant savings on gym memberships at over over 4,200 locations across the UK and Ireland, as well as discounts on a variety of digital fitness subscriptions.



Supporting fitness goals and wallets

MyGymDiscounts cuts gym and digital fitness costs, offering savings that make health and wellness more achievable for all.

A wide range of participating gyms

With MyGymDiscounts, members save money while unlocking a variety of fitness options. Enjoy discounts at major gym chains, low-cost operators, independent clubs, and popular digital fitness platforms. MyGymDiscounts caters to everyone's preferences, location, and budget.

Helping people kickstart their fitness

MyGymDiscounts supports fitness enthusiasts with affordable options. Whether you're a gym-goer, digital fitness fan, or starting your fitness journey, we've got you covered. Health and wallet-friendly!

Wellbeing Service

How to use **MyGymDiscounts:**

Savings
Save up to 25% on gym memberships and 55% on digital fitness subscriptions.

Flexibility
Enjoy options that suit your location, lifestyle, and budget.

Variety
Choose from over 4,200 locations, covering all major towns and cities in the UK and Ireland.

Inclusivity
Discounts are available to partners too.

Our digital wellbeing services, including MyGymDiscounts, are designed to support our members' health. These can be accessed online through a Member Account or via Breeze, our wellbeing app.

MyGymDiscounts is provided on behalf of Health Shield by Incorpore

Discover more at **healthshield.co.uk**