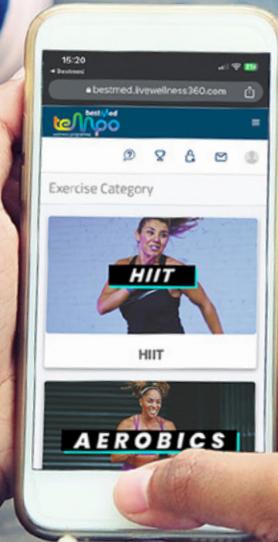


# Fitness and Nutrition Journeys

Guide to access the On-demand videos



# Welcome to your Fitness Journeys with our On-demand exercise classes!

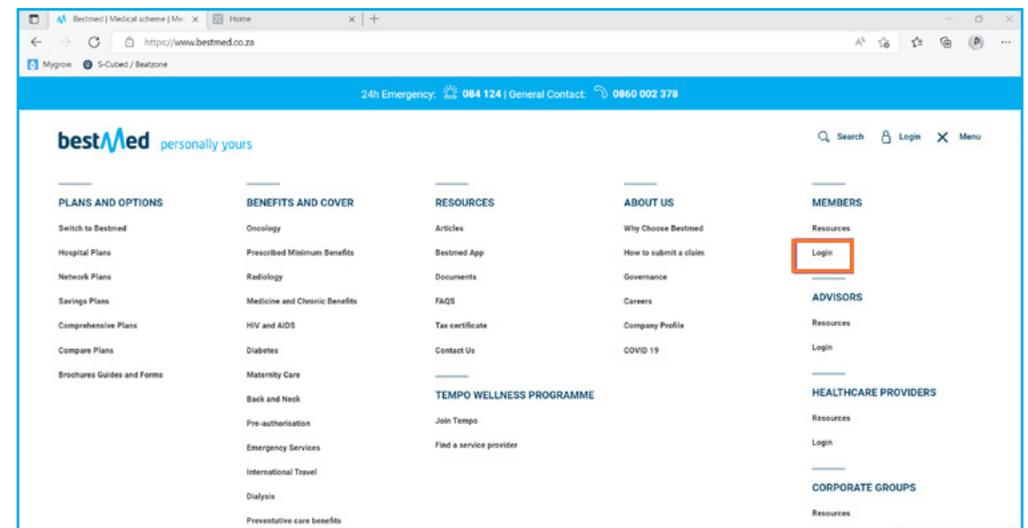
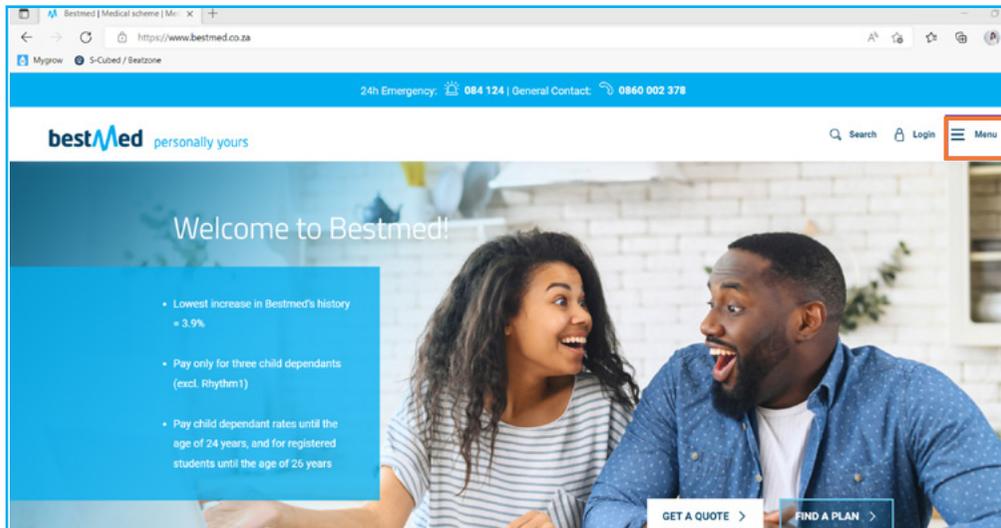
IT'S YOUR LIFE. LIVE IT AT YOUR OWN TEMPO.

Join any of the beginner, intermediate, and advanced exercise classes. We've got it all, from Pilates sessions that will help you strengthen your body to yoga that will help you find clarity and improve concentration and flexibility. If you want to feel the burn, join the high-intensity interval training (HIIT) classes, or get moving with energetic aerobics workouts.

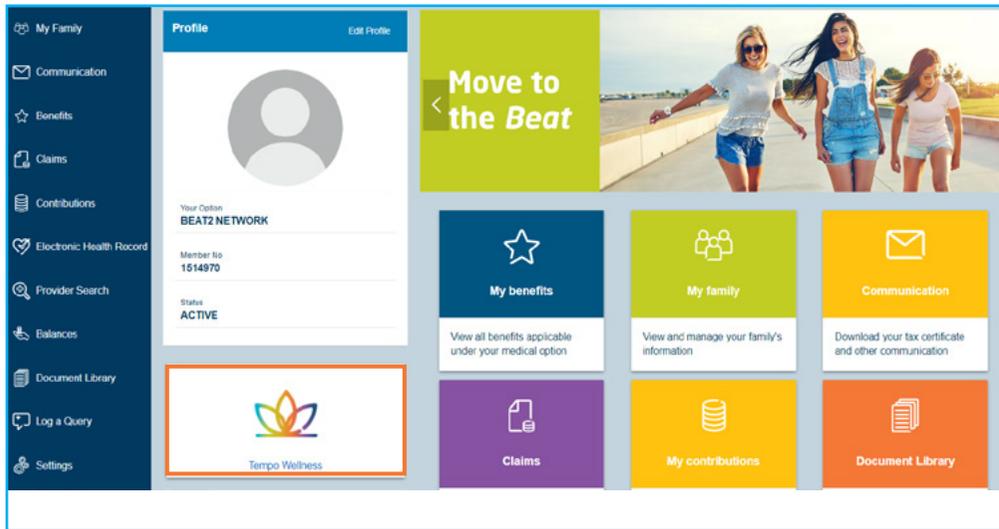
With our On-demand classes, the power is in your hands. You can start when you are ready, and pause, rewind, and replay the videos as many times as you want.

## HOW TO ACCESS THE ON-DEMAND EXERCISE VIDEOS VIA THE BESTMED WEBSITE

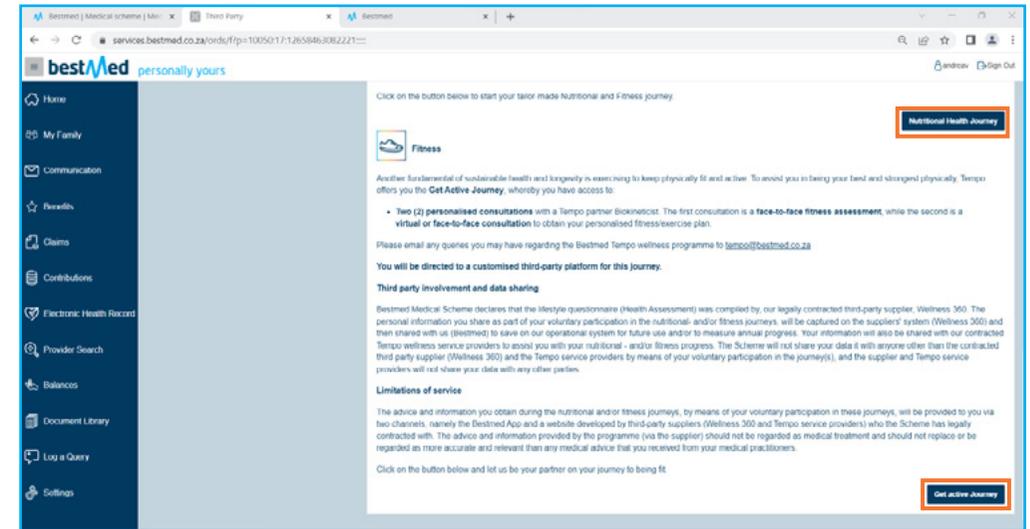
1. Click on the "Menu" option on the Bestmed home page ([www.bestmed.co.za](http://www.bestmed.co.za))
2. Under the "MEMBERS" section click on "Login" and enter your username and password.



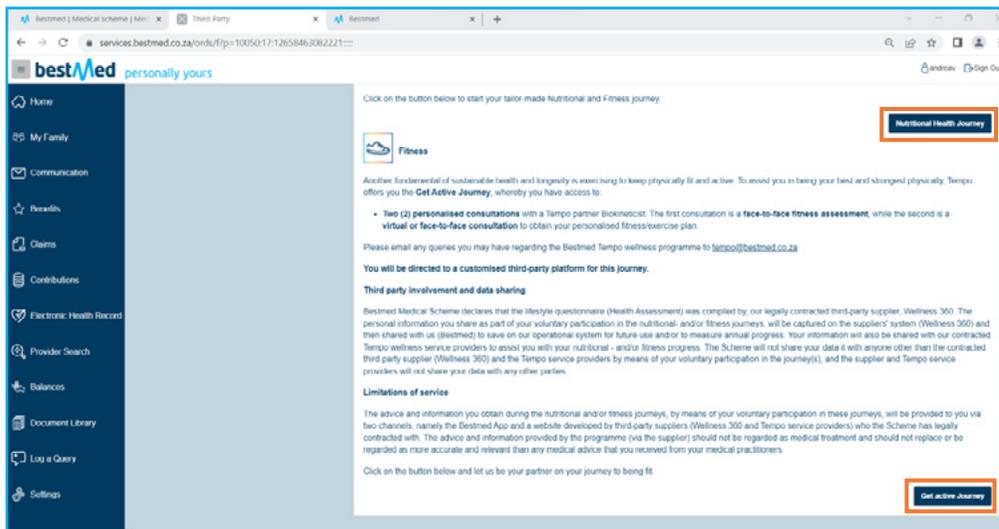
3. Click on the Tempo Wellness block.



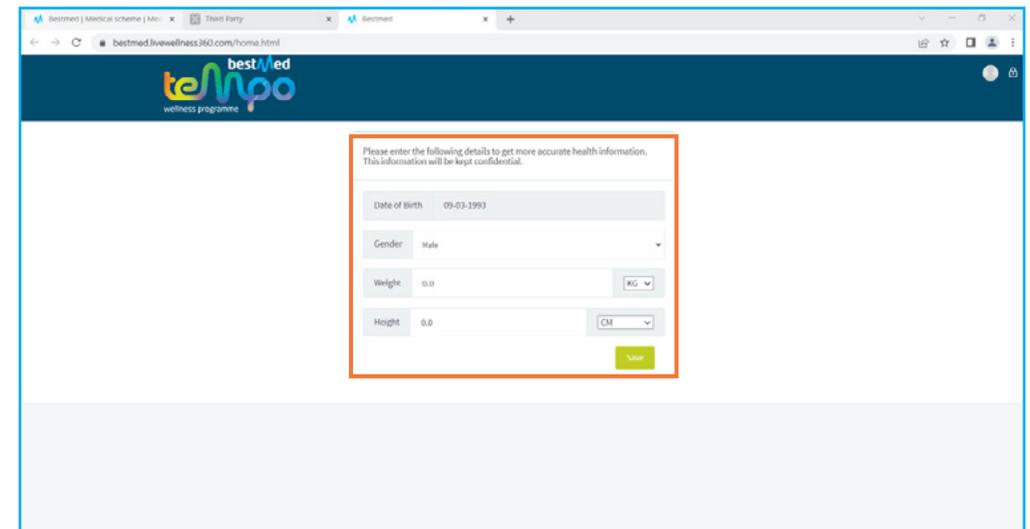
4. Click on either the Nutritional Health Journey or the Get Active Journey button.



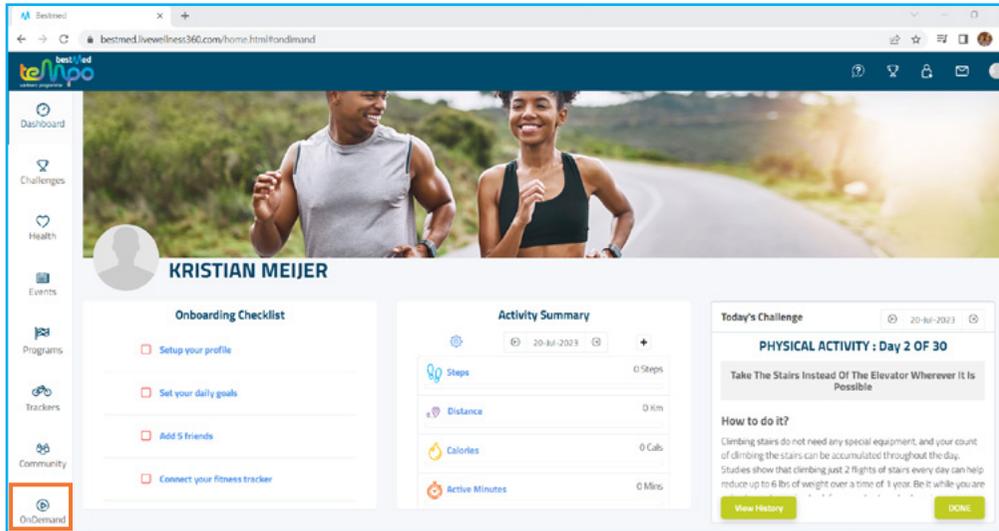
5. Scroll down and read the overview of the journey and click on "Get active Journey" or "Nutritional Health Journey"



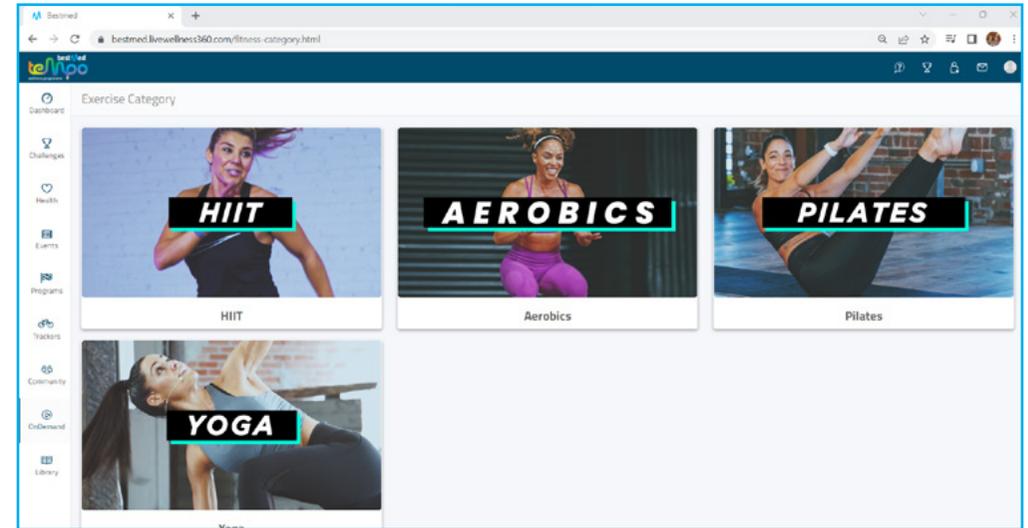
6. If you haven't done so already, you'll need to fill in your details on this page to get more accurate health information and metrics. If you have, you'll be redirected to the Tempo Dashboard.



7. You'll be redirected to your Tempo dashboard. Click on "On-demand" located to the bottom left hand side of the screen.



8. Choose your preferred exercise category and get ready for your new favourite fitness routine!



## HOW TO ACCESS THE ON-DEMAND EXERCISE VIDEOS VIA THE BESTMED APP

1. Insert your username and password on the login page of the App and click "Login".
2. Scroll to and select "Nutritional Health" or "Get Active" in the main menu of the App.
3. Read the overview of the journey and click on "Nutritional Health Journey" or "Get Active Journey" (dependent on which option you selected from the main menu) at the bottom to get started.
4. Lastly, press On-demand.
5. You can then choose the exercise category that you would like to participate in.

