

Life's better with

Vitality

Earn Vitality points when you run or volunteer.

With parkrun.

No matter what your level, you can take part in a free, weekly 5k timed run and earn Vitality points at the same time. With over 150 weekly runs in parks all over the country, there's even more incentive to find your local parkrun and take part.

Vitality
partners
parkrun

Visit vitality.co.uk/member for more details.

Details correct as of August 2020. Terms and conditions apply.

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