



Potential health benefits of at-home fitness

In part due to the COVID-19 pandemic, many people may be turning to at-home and on-demand health and fitness routines to help maintain or improve their well-being. A regular exercise routine is important as it can help promote overall physical and mental health.

To help with that, UnitedHealthcare has recently expanded its work with Apple to provide millions of fully insured members in most states with access — at no additional cost — to Apple Fitness+, the first fitness service built entirely around Apple Watch®*. Employers with self-funded health plans can, starting next year, purchase an "Apple Fitness Bundle," which provides a 12-month subscription to Apple Fitness+ as well as a $25 Apple digital gift card.

Recent personal fitness stats

1 in 4

Americans surveyed have no plans to return to the gym, even after the COVID-19 pandemic ends.[1]

42%

of Americans surveyed prefer their at-home fitness setup over a gym membership.[1]

90%

of Americans surveyed consider their at-home fitness regimens "effective."[2]

Potential at-home fitness benefits

- It is typically less expensive than a gym membership.
- It may provide flexibility and convenience when adding a workout into a routine.
- It usually creates a more private exercise experience.
- It generally promotes social distancing, which may help reduce COVID-19 spread.

Exercising for 150 minutes per week may reduce the risk of all-cause mortality by 33%.[3]

Regular exercise may help decrease the risk of health conditions such as heart disease and type 2 diabetes.[5]

Exercise may improve mental health, helping treat issues such as depression and anxiety.[6]

Indoor cycling 3x per week for 45 minutes may increase HDL cholesterol and decrease body fat percentage in 12 weeks.[4]

Physical activity may slow bone density loss and build muscles to support healthier aging.[3]

*Offer may not be available to all commercial UnitedHealthcare members; certain state restrictions may apply.

[1] SWNS Digital, 2020, https://www.swnsdigital.com/2020/06/how-gyms-may-change-even-after-the-pandemic-is-over
[2] Business Wire, 2020, https://www.businesswire.com/news/home/20200817005351/en/The-Future-of-Fitness-Americans-Embrace-a-Hybrid-of-Home-Exercise-and-Gym-Workouts
[3] Centers for Disease Control and Prevention, 2021, https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm
[4] Mayo Clinic, 2020, https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/cycle-your-way-to-better-health/art-20270194
[5] American Diabetes Association, 2016, https://care.diabetesjournals.org/content/39/11/2065
[6] National Institute for Health Research, 2019, https://evidence.nihr.ac.uk/alert/aerobic-exercise-is-an-effective-treatment-for-depression

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