

Strava

Vitality members can earn up to 3 000 Vitality points a day with the Strava smartphone app. The Strava app allows you to track your fitness activities and have fun with your friends while improving your health. You can also link a range of [compatible GPS fitness devices](#). You can track your runs, rides and cross-training too.

Who may use an Strava

Vitality members, 13 years and older, on an active Vitality membership can link their Strava smartphone app to Vitality to earn points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use the Strava smartphone app but will not earn Vitality points.

The Strava smartphone app is free to download from the [Apple App store](#) or [Google Play store](#). To check compatibility of the Strava app with your phone, visit the [Strava website](#). There are no fees for using your app to upload your workout data to Vitality to earn your Vitality points.

How to use this benefit

To get started, follow the steps below to link your Strava account to Vitality, and upload your workout data.

To link your Strava App to Vitality

Step 1: Download the Strava app from the [Apple App store](#) or [Google Play store](#).

Step 2: Click on the '[Fitness devices and apps](#)' page under the '**Gym and Fitness**' section on the Vitality menu and click on '**Link my Strava account**'.

Step 3: Log into your Strava account or create a new Strava account.

Step 4: Click on '**Log in/Authorise**' to authorise the connection and link your Strava account to Vitality.

Step 5: Once you have successfully uploaded your workout data, you can view a detailed summary on the '[Workout tracker](#)'.



If you have any problems importing your workout data, please visit the [Strava website](#) for more information.

How it works

Earning Vitality points with Strava fitness devices and App

Different fitness devices and apps collect different data about your exercise session. You can earn **up to 3 000** Vitality points for **one exercise session a day** if you achieve the requirements set out below during your workout.

To earn up to 100 Vitality points you have to:

- Track at least 30 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% but less than 70% of your age related maximum heart rate; or
- Track at least **30 minutes of moderate physical activity** in **one exercise session a day** at a minimum **average speed** of 5.5 kilometres an hour; or

To earn up to 300 Vitality points you have to:

- Track at least 45 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% but less than 70% of your age related maximum heart rate or a minimum **average speed** of 5.5 kilometres an hour; or
- Track at least 20 minutes of vigorous physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age related maximum heart rate or a minimum **average speed** of 8 kilometres an hour; or
- Track at least 0.5km to 1km of moderate swimming activity in **one exercise session a day** at a minimum average speed of 1.5 kilometres an hour; or
- Track at least 0.5km to 1km of vigorous swimming activity in **one exercise session a day** at a minimum average speed of 3.4 kilometres an hour; or

To earn up to 600 points you have to:

- Track at least 90 - 119 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 60 - 89 minutes of vigorous physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age-related maximum heart rate or a minimum average speed of 8 kilometres an hour; or
- Track at least 1.1km to 1.3km of moderate swimming activity in **one exercise session a day** at a minimum average speed of 1.5 kilometres an hour; or
- Track at least 1.1km to 1.3km of vigorous swimming activity in **one exercise session a day** at a minimum average speed of 3.4 kilometres an hour.

To earn up to 1 500 points you have to:

- Track at least 120 - 359 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 90 - 119 minutes of vigorous physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age-related maximum heart rate or a minimum average speed of 8 kilometres an hour.

To earn up to 3 000 points you have to:

- Track at least 360+ minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 120+ minutes of vigorous physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age-related maximum heart rate or a minimum average speed of 8 kilometres an hour.

The points you earn by uploading data from your Strava account, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 and each Vitality kid 20 000 Vitality points and for fitness each year.

Vitality will award points for one fitness event a day only. If you complete two fitness events in one day, then you will get the higher points between the two.

Points may take up to two weeks to show on your [Vitality Points Monitor](#) after you have uploaded your data from your chosen device or app.

An example

John downloads the Strava app to his smartphone that he links to Vitality. His Strava app collects speed data.

John does a minimum of 30 minutes of physical activity in **one exercise session a day** at an average speed 4km/hr. He uploads his exercise data to Vitality.

John will earn 100 points that day for meeting one of the average speed data requirements.

General information

- By linking your Strava app with Vitality you agree that, to award your Vitality points, Vitality and Strava will exchange information on your use of the Strava app.
- Vitality reserves the right to cancel or refuse the registration of your Strava account and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's Strava account, permitted your registered Strava account to be used by someone else or if you have provided false or misleading information or attempted to do so.

- Discovery Vitality reserves the right to change or cancel this benefit at any time and at its discretion. If we cancel or change the benefit, we will give you reasonable notice beforehand.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Strava app. However, you can continue to use Strava in your personal capacity.

You may disconnect your Strava app from Vitality at any stage by selecting the 'Disconnect' option on the Discovery App. If you disconnect it, you will no longer earn Vitality points.

If you want to activate the benefit again, you will need to follow the steps under the 'To link your Strava App to Vitality' section.

Terms and conditions apply. For the Strava terms and conditions visit the [Strava website](#).






Find out more

If you have any questions or need more information about Strava go to www.discovery.co.za and click on 'Fitness devices and apps' on the Vitality menu.

You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Rules – the Vitality Rules will apply at all times.

Stay in touch

If you have any questions or need more information about this benefit, please visit www.discovery.co.za or call 0860 99 88 77. Terms and conditions apply.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).