



## Give the Gift of BurnAlong!

Looking for that perfect holiday gift for your friend or family member? When you sign up for BurnAlong, you can give away **4 FREE subaccounts** to friends and family. And this is the gift that keeps on giving throughout the year—BurnAlong provides online fitness classes and challenge, nutrition webinars, mindfulness and mediation webinars, financial wellness webinars, and much more!

### How to Add a Sub-Account for Friends and Family

1. [Watch this Video on BurnAlong](#)
2. [Log into BurnAlong](#)
3. Click 'Sub-accounts' from the dropdown menu on the top right
4. Click 'Add sub-account' and type in the name and email of the person you want to invite

**Don't have BurnAlong yet?** [Give yourself the gift of health and wellness.](#)

**Already have BurnAlong?** Check out these staff picks: [12 Programs for the Holiday Season.](#)

Be well and continue to elevate your total well-being.  
Have a Healthy & Safe Holiday Season!

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