

Earning physical activity points



Earning physical activity points allows you to earn weekly rewards that help you reach your everyday fitness goals while building towards your AIA Vitality status, which unlocks even bigger rewards.

Once you have successfully linked your fitness device, see below the opportunities you have to earn physical activity points.

The maximum points you can earn per day is 100, and if you complete two or more fitness activities in one day then the higher points between them will be awarded.

Your points will usually be displayed the next day. However, on some occasions they may take up to two weeks to show on your points statement, so please be patient.

Even if you reach your 15,000 physical activity point cap for the year, you can still earn physical activity points that will contribute to your weekly Active Benefits target.

Steps per day	AIA Vitality Points	Frequency
7,500 – 12,499	50	Once a day
12,500 or greater	100	Once a day

OR

Heart rate data	AIA Vitality Points	Frequency
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate.	50	Once a day
OR		
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 70% of your age-related maximum heart rate.	100	Once a day
OR		
At least 60 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate.	100	Once a day

OR

Calorie data	AIA Vitality Points	Frequency
At least 30 minutes of physical activity and a minimum of 150 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	50	Once a day
OR		
At least 30 minutes of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 600 calories an hour) in one exercise session a day.	100	Once a day
OR		
At least 60 minutes or more of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	100	Once a day

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