

TRADEMARK ASSIGNMENT COVER SHEET

Electronic Version v1.1
Stylesheet Version v1.2

ETAS ID: TM539771

SUBMISSION TYPE:	NEW ASSIGNMENT		
NATURE OF CONVEYANCE:	Security Agreement		
CONVEYING PARTY DATA			
Name	Formerly	Execution Date	Entity Type
American Specialty Health Incorporated		08/29/2019	Corporation: DELAWARE
RECEIVING PARTY DATA			
Name:	Umpqua Bank		
Street Address:	11720 El Camino Real		
Internal Address:	Ste 100		
City:	San Diego		
State/Country:	CALIFORNIA		
Postal Code:	92130		
Entity Type:	Corporation: OREGON		
PROPERTY NUMBERS Total: 147			
Property Type	Number	Word Mark	
Registration Number:	2424248	AMERICAN SPECIALTY HEALTH	
Registration Number:	3370776	ACTIVE&FIT	
Registration Number:	3374389	ACTIVE&FIT	
Registration Number:	3348413	ASHLINK	
Registration Number:	3413277	EXTREMEFUN	
Registration Number:	3451271	EXTREMELIVING	
Registration Number:	3307060	EXTREMEQUIT	
Registration Number:	3517558	GET FIT. HAVE FUN. BE HEALTHY.	
Registration Number:	3599053	HEALTHY AGING IS HOT	
Registration Number:	3247074	HEALTHY CHOICES. RENEWED LIVES.	
Registration Number:	3352208	HEALTHYROADS	
Registration Number:	3559103	HEALTHYROADS COACH	
Registration Number:	3446901	HEALTHYROADS COACHING	
Registration Number:	3535547	HEALTHYROADS WELLNESS	
Registration Number:	3473049	PRESS STOP.	
Registration Number:	3473048	PRESS GO.	
Registration Number:	3332685	QUIT&FIT	
Registration Number:	3487433	QUIT&FIT	
TRADEMARK			

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Property Type	Number	Word Mark
Registration Number:	3269939	SILVER&FIT
Registration Number:	3464406	SILVER&FIT
Registration Number:	3512448	THE SILVER SLATE
Registration Number:	3379735	THE SILVER SLATE
Registration Number:	3538911	THE SILVER SLATE
Registration Number:	4049504	AMERICA'S HEALTH IS OUR SPECIALTY
Registration Number:	3904593	BE FIT. GET EDUCATED. HAVE FUN.
Registration Number:	3772149	CHOOSEHEALTHY
Registration Number:	3680628	CHOOSEHEALTHY
Registration Number:	3636400	EVERYONE NEEDS A COACH
Registration Number:	3684116	EXERCISEREWARDS
Registration Number:	3670058	FITNESS IS TIMELESS.
Serial Number:	88092572	FITNESSCOACH CONNECTED!
Serial Number:	77681758	4 WAYS TO DRINK MORE WATER AT WORK
Registration Number:	4002731	HEALTHYROADS CONNECTED!
Registration Number:	3749794	HEALTHYROADS FIT COMPANY AWARD
Registration Number:	3890726	HEALTHYROADS IS CALLING YOU TO A HEALTHI
Registration Number:	3719744	HOW TO BUILD A FIT COMPANY
Registration Number:	3640194	I FEEL BOLD.
Registration Number:	3651657	I FEEL BOLD.
Registration Number:	3640195	I FEEL EMPOWERED.
Registration Number:	3651661	I FEEL EMPOWERED.
Registration Number:	3640192	I FEEL FIT.
Registration Number:	3651659	I FEEL FIT.
Registration Number:	3661308	I FEEL FREE.
Registration Number:	3655185	I FEEL FREE.
Registration Number:	3640193	I FEEL HAPPY.
Registration Number:	3651660	I FEEL HAPPY.
Registration Number:	3640191	I FEEL HEALTHY.
Registration Number:	3651658	I FEEL HEALTHY.
Registration Number:	3640198	I FEEL RELAXED.
Registration Number:	3640161	I FEEL RELAXED.
Registration Number:	3640196	I FEEL STRONG.
Registration Number:	3640159	I FEEL STRONG.
Registration Number:	3640197	I FEEL YOUNG.
Registration Number:	3640160	I FEEL YOUNG.
Registration Number:	3658533	IMAGINE: FIT
Registration Number:	3655183	IMAGINE: HEALTHY

Property Type	Number	Word Mark
Registration Number:	3667135	IMAGINE: HEALTHY
Registration Number:	3655181	IMAGINE: THIN
Registration Number:	3658534	IMAGINE: TOBACCO FREE
Registration Number:	3667134	IMAGINE: TOBACCO FREE
Registration Number:	3655182	IMAGINE: WALKING EVERY DAY
Registration Number:	3794466	IS YOUR FITNESS ROUTINE STUCK IN THE 80S
Registration Number:	3768300	LIVE WELL. LEARN HOW. LOG ON.
Registration Number:	3800599	LIVE WELL. LEARN HOW. LOG ON. HEALTHYROA
Registration Number:	3712447	MOVE YOURSELF.
Registration Number:	3718554	NO FEES · NO HURDLES · NO SWEAT
Registration Number:	3683006	QUIT STALLING, START CALLING!
Registration Number:	3712448	REACH BEYOND.
Registration Number:	3934977	REAL MEN DO YOGA
Registration Number:	3934974	REAL MEN EAT SALAD
Registration Number:	3929165	REAL WOMEN MAKE A SPLASH
Registration Number:	3606507	REDEFINE SENIOR MOMENT
Registration Number:	3935046	SILVER&FIT AFFINITY
Registration Number:	3770112	SILVER&FIT SIGNATURE SERIES CLASSES
Registration Number:	3655180	SILVER, FIT, AND FABULOUS
Registration Number:	4042542	STEP 'N GO
Registration Number:	3746819	THIS YEAR I WILL DE-STRESS.
Registration Number:	3746820	THIS YEAR I WILL EAT BETTER.
Registration Number:	3650322	THIS YEAR I WILL EAT MORE FRUITS & VEGGI
Registration Number:	3763141	THIS YEAR I WILL LEARN SOMETHING NEW.
Registration Number:	3650323	THIS YEAR I WILL LOSE WEIGHT.
Registration Number:	3650324	THIS YEAR I WILL LOWER MY BLOOD PRESSURE
Registration Number:	3647084	THIS YEAR I WILL QUIT SMOKING.
Registration Number:	3647087	THIS YEAR I WILL RUN A 5K.
Registration Number:	3647089	THIS YEAR I WILL START EXERCISING.
Registration Number:	3763142	THIS YEAR I WILL STAY ACTIVE
Registration Number:	3763144	THIS YEAR I WILL STAY MOTIVATED.
Registration Number:	3766955	THIS YEAR I WILL STOP MAKING EXCUSES.
Registration Number:	3675589	WALK-THE-TALK CHALLENGE
Registration Number:	3887073	WELLNESS STARTS HERE
Registration Number:	4822941	BE ACCOUNTABLE
Registration Number:	4800687	EXERCISE REWARDS
Registration Number:	4796103	BE COMPETITIVE
Registration Number:	4791409	BE SUPPORTED

Property Type	Number	Word Mark
Registration Number:	4791408	BE EQUIPPED
Registration Number:	4791407	BE ENGAGED
Registration Number:	4804976	BE GREAT.
Registration Number:	5018900	SOMETHING FOR EVERYONE
Registration Number:	4937396	BE EMPOWERED
Registration Number:	4937395	BE SOCIAL
Registration Number:	4721319	IT PAYS TO BE ACTIVE!
Serial Number:	88092487	SILVER&FIT CONNECTED!
Registration Number:	4846714	EXERCISEREWARDS
Registration Number:	4841987	EXERCISEREWARDS CHECKIN!
Registration Number:	4818788	BE CHALLENGED
Registration Number:	4832607	BE SYNCED
Registration Number:	4832606	BE LINKED
Registration Number:	4704988	BE GREAT
Serial Number:	88092513	ACTIVE&FIT CONNECTED!
Registration Number:	4846706	HEALTHYROADS CHECKIN!
Registration Number:	4813640	ACTIVEOPTIONS
Registration Number:	4671795	A PRODUCT OF AMERICAN SPECIALTY HEALTH
Registration Number:	4693565	FITNESSCOACH
Registration Number:	4561297	FITNESSCOACH
Registration Number:	4469091	ASHLINK
Registration Number:	4460309	FITNESS ENGAGEMENT
Registration Number:	4468014	FITNESSENGAGEMENT.COM
Registration Number:	3222596	AMERICAN SPECIALTY HEALTH
Registration Number:	5187246	EMPOWERED DECISIONS!
Serial Number:	88092590	CHOOSEHEALTHY CONNECTED!
Serial Number:	88092585	CHOOSEHEALTHY CONNECT
Serial Number:	88092580	EMPOWEREDDECISIONS CONNECT
Serial Number:	88092547	ACTIVE&FIT DIRECT CONNECTED!
Serial Number:	88092543	ACTIVE&FIT DIRECT CONNECT
Serial Number:	88092524	HEALTHYROADS CONNECT
Serial Number:	88092507	ACTIVE&FIT CONNECT
Serial Number:	88092465	SILVER&FIT CONNECT
Serial Number:	88092445	ASHCONNECTED!
Serial Number:	88092432	ASHCONNECT
Serial Number:	88092565	FITNESSCOACH CONNECT
Serial Number:	88092555	EXERCISEREWARDS CONNECT
Serial Number:	88230636	

Property Type	Number	Word Mark
Registration Number:	5649329	CHOOSEHEALTHY
Registration Number:	5649328	CHOOSEHEALTHY
Serial Number:	88230614	ASHCONNECT
Serial Number:	88230589	ASHCONNECT
Registration Number:	5718875	PROVIDERS OF EXCELLENCE
Registration Number:	5710817	HEALTHYROADS WELL-BEING
Registration Number:	5704987	AMERICAN SPECIALTY HEALTH FITNESS
Registration Number:	5608761	EMPOWEREDDECISIONS! CONNECTED
Registration Number:	5567005	EAT BREATHE DREAM FITNESS
Registration Number:	5286417	BRIDGES TO BETTER HEALTH CONFERENCE
Registration Number:	5375471	ACTIVE&FIT DIRECT
Registration Number:	5376629	ASHLINK
Registration Number:	5286400	BRIDGES TO BETTER HEALTH
Registration Number:	5003460	YOUR FUTURE IS ACTIVE&FIT
Registration Number:	3935045	SILVER&FIT AFFINITY

CORRESPONDENCE DATA

Fax Number: 8008283066

Correspondence will be sent to the e-mail address first; if that is unsuccessful, it will be sent using a fax number, if provided; if that is unsuccessful, it will be sent via US Mail.

Phone: 8008748820

Email: lindsay.wilhite@wolterskluwer.com

Correspondent Name: CT Corporation

Address Line 1: 555 Capitol Mall

Address Line 2: Suite 1150

Address Line 4: Sacramento, CALIFORNIA 95814

NAME OF SUBMITTER:	Max Rawn
SIGNATURE:	/Max Rawn/
DATE SIGNED:	09/06/2019

Total Attachments: 24
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RECORDATION FORM COVER SHEET TRADEMARKS ONLY

To the Director of the U. S. Patent and Trademark Office: Please record the attached documents or the new address(es) below.

1. Name of conveying party(ies):

American Specialty Health Incorporated

- Individual(s)
- Partnership
- Corporation- State: Delaware
- Other _____
- Association
- Limited Partnership

Citizenship (see guidelines) Delaware

Additional names of conveying parties attached? Yes No

3. Nature of conveyance/Execution Date(s) :

Execution Date(s) August 29, 2019

- Assignment
- Security Agreement
- Other _____
- Merger
- Change of Name

2. Name and address of receiving party(ies)

Additional names, addresses, or citizenship attached? Yes No

Name: Umpqua Bank

Street Address: 11720 El Camino Real, Ste 100

City: San Diego

State: California

Country: USA Zip: 92130

- Individual(s) Citizenship _____
- Association Citizenship _____
- Partnership Citizenship _____
- Limited Partnership Citizenship _____
- Corporation Citizenship Oregon
- Other _____ Citizenship _____

If assignee is not domiciled in the United States, a domestic representative designation is attached: Yes No
(Designations must be a separate document from assignment)

4. Application number(s) or registration number(s) and identification or description of the Trademark.

A. Trademark Application No.(s) Text

see attached schedule

B. Trademark Registration No.(s)

see attached schedule

Additional sheet(s) attached? Yes No

C. Identification or Description of Trademark(s) (and Filing Date if Application or Registration Number is unknown):

see attached schedule

5. Name & address of party to whom correspondence concerning document should be mailed:

Name: Max Rawn

Internal Address: _____

Street Address: 865 S Figueroa St., Ste. 2800

City: Los Angeles

State: California Zip: 90017

Phone Number: 213-622-5555

Docket Number: _____

Email Address: mrawn@allenatkins.com

6. Total number of applications and registrations involved:

147

7. Total fee (37 CFR 2.6(b)(6) & 3.41) \$

- Authorized to be charged to deposit account
- Enclosed

8. Payment Information:

Deposit Account Number _____

Authorized User Name _____

9. Signature:


Signature

9/5/19

Date

Max Rawn

Name of Person Signing

Total number of pages including cover sheet, attachments, and document:

24

Documents to be recorded (including cover sheet) should be faxed to (571) 273-0140, or mailed to:
Mail Stop Assignment Recordation Branch, Director of the USPTO, P.O. Box 1450, Alexandria, VA 22313-1450

TRADEMARK
REEL: 006738 FRAME: 0211

SCHEDULE OF TRADEMARKS AND TRADEMARK APPLICATIONS


	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
1.	AMERICAN SPECIALTY HEALTH	75892134	January 7, 2000	2424248	January 23, 2001
2.	ACTIVE&FIT	78915702	June 23, 2006	3370776	January 15, 2008
3.	ACTIVE&FIT 	78941020	July 31, 2006	3374389	January 22, 2008
4.	ASHLINK	78902779	June 7, 2006	3348413	December 4, 2007
5.	EXTREMEFUN			3,413,277	
6.	EXTREME LIVING	78902165	June 6, 2006	3451271	June 17, 2008
7.	EXTREME QUIT	78902306	June 6, 2006	3307060	October 9, 2007
8.	GET FIT. HAVE FUN. BE HEALTHY.	77226726	July 11, 2007	3517558	October 14, 2008
9.	HEALTHY AGING IS HOT	77105022	February 12, 2007	3599053	March 31, 2009
10.	HEALTHY CHOICES. RENEWED LIVES.	78903926	June 8, 2006	3247074	May 29, 2007
11.	HEALTHYROADS	78891333	May 24, 2006	3352208	December 11, 2007
12.	HEALTHYROADS COACH	78902289	June 6, 2006	3559103	January 6, 2009
13.	HEALTHYROADS COACHING	78902292	June 6, 2006	3446901	June 10, 2008
14.	HEALTHYROADS WELLNESS	78902300	June 6, 2006	3535547	November 18, 2008
15.	PRESS STOP.	77106424	February 13, 2007	3473049	July 22, 2008
16.	PRESS GO.	77106399	February 13, 2007	3473048	July 22, 2008
17.	QUIT&FIT	78902141	June 6, 2006	3332685	November 6, 2007
18.	QUIT&FIT 	77245978	August 2, 2007	3487433	August 19, 2008
19.	SILVER&FIT	78719360	September 23, 2005	3269939	July 24, 2007
20.	SILVER&FIT 	78913844	June 21, 2006	3464406	July 8, 2008

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
21.	THE SILVER SLATE	77453828	April 21, 2008	3512448	October 7, 2008
22.	THE SILVER SLATE	78979415	June 21, 2006	3379735	February 5, 2008
23.	THE SILVER SLATE	78913109	June 21, 2006	3538911	November 25, 2008
24.	AMERICA'S HEALTH IS OUR SPECIALTY	77245660	August 2, 2007	4049504	November 1, 2011
25.	BE FIT. GET EDUCATED. HAVE FUN.	77105091	February 12, 2007	3904593	January 11, 2011
26.	CHOOSEHEALTHY	77319374	November 1, 2007	3772149	April 6, 2010
27.	CHOOSEHEALTHY 	77349990	December 12, 2007	3680628	September 8, 2009
28.	EVERYONE NEEDS A COACH	77424201	March 17, 2008	3636400	June 9, 2009
29.	EXERCISEREWARDS 	77494312	June 9, 2008	3684116	September 15, 2009
30.	FITNESS IS TIMELESS.	77302117	October 11, 2007	3670058	August 18, 2009
31.	FITNESSCOACH CONNECTED!	88092572	August 24, 2018		
32.	4 WAYS TO DRINK MORE WATER AT WORK	77681758	March 2, 2009		
33.	HEALTHYROADS CONNECTED!	77421529	March 13, 2008	4002731	July 26, 2011
34.	HEALTHYROADS FIT COMPANY AWARD	77796348	August 4, 2009	3749794	February 16, 2010
35.	HEALTHYROADS IS CALLING YOU TO A HEALTHIER LIFE	77684416	March 5, 2009	3890726	December 14, 2010
36.	HOW TO BUILD A FIT COMPANY	77593254	October 15, 2008	3719744	December 1, 2009
37.	I FEEL BOLD. 	77119885	March 1, 2007	3640194	June 16, 2009

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
38.	I FEEL BOLD. I feel <u>bold</u> .	77107295	February 14, 2007	3651657	July 7, 2009
39.	I FEEL EMPOWERED. I feel <u>empowered</u> .	77119913	March 1, 2007	3640195	June 16, 2009
40.	I FEEL EMPOWERED. I feel <u>empowered</u> .	77107418	February 14, 2007	3651661	July 7, 2009
41.	I FEEL FIT. I feel <u>fit</u> .	77118956	February 28, 2007	3640192	June 16, 2009
42.	I FEEL FIT. I feel <u>fit</u> .	77107376	February 14, 2007	3651659	July 7, 2009
43.	I FEEL FREE. I feel <u>free</u> .	77119702	March 1, 2007	3661308	July 28, 2009
44.	I FEEL FREE. I feel <u>free</u> .	77107390	February 14, 2007	3655185	July 14, 2009
45.	I FEEL HAPPY. I feel <u>happy</u> .	77119856	March 1, 2007	3640193	June 16, 2009
46.	I FEEL HAPPY. I feel <u>happy</u> .	77107401	February 14, 2007	3651660	July 7, 2009



	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
47.	I FEEL HEALTHY. i feel <u>healthy</u>	77118900	February 28, 2007	3640191	June 16, 2009
48.	I FEEL HEALTHY. i feel <u>healthy</u>	77107344	February 14, 2007	3651658	July 7, 2009
49.	I FEEL RELAXED. i feel <u>relaxed</u>	77120015	March 1, 2007	3640198	June 16, 2009
50.	I FEEL RELAXED. i feel <u>relaxed</u>	77107583	February 14, 2007	3640161	June 16, 2009
51.	I FEEL STRONG. i feel <u>strong</u>	77119958	March 1, 2007	3640196	June 16, 2009
52.	I FEEL STRONG. i feel <u>strong</u>	77107536	February 14, 2007	3640159	June 16, 2009
53.	I FEEL YOUNG. i feel <u>young</u>	77119985	March 1, 2007	3640197	June 16, 2009
54.	I FEEL YOUNG. i feel <u>young</u>	77107558	February 14, 2007	3640160	June 16, 2009
55.	IMAGINE: FIT	77105401	February 12, 2007	3658533	July 21, 2009
56.	IMAGINE: HEALTHY	77105516	February 12, 2007	3655183	July 14, 2009
57.	IMAGINE: HEALTHY	77120350	March 1, 2007	3667135	August 11, 2009

Schedule to Short-Form Trademark Security Agreement

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
58.	IMAGINE: THIN	77105378	February 12, 2007	3655181	July 14, 2009
59.	IMAGINE: TOBACCO FREE	77105418	February 12, 2007	3658534	July 21, 2009
60.	IMAGINE: TOBACCO FREE	77120338	March 1, 2007	3667134	August 11, 2009
61.	IMAGINE: WALKING EVERY DAY	77105436	February 12, 2007	3655182	July 14, 2009
62.	IS YOUR FITNESS ROUTINE STUCK IN THE 80S?	77682726	March 3, 2009	3794466	May 25, 2010
63.	LIVE WELL. LEARN HOW. LOG ON.	77484354	May 27, 2008	3768300	March 30, 2010
64.	LIVE WELL. LEARN HOW. LOG ON. HEALTHYROADS.COM	77682624	March 3, 2009	3800599	June 8, 2010
65.	MOVE YOURSELF.	77105230	February 12, 2007	3712447	November 17, 2009
66.	NO FEES • NO HURDLES • NO SWEAT no fees • no hurdles • no sweat	77733720	May 11, 2009	3718554	December 1, 2009
67.	QUIT STALLING, START CALLING! QUIT STALLING, START CALLING!	77682699	March 3, 2009	3683006	September 15, 2009
68.	REACH BEYOND.	77105278	February 12, 2007	3712448	November 17, 2009
69.	REAL MEN DO YOGA	77729301	May 5, 2009	3934977	March 22, 2011
70.	REAL MEN EAT SALAD	77729241	May 5, 2009	3934974	March 22, 2011
71.	REAL WOMEN MAKE A SPLASH	77729383	May 5, 2009	3929165	March 8, 2011
72.	REDEFINE SENIOR MOMENT	77104980	February 12, 2007	3606507	April 14, 2009
73.	SILVER&FIT AFFINITY	77760172	June 15, 2009	3935045	March 22, 2011
74.	SILVER&FIT AFFINITY 	77760194	June 15, 2009	3935046	March 22, 2011
75.	SILVER&FIT SIGNATURE SERIES CLASSES	77686777	March 9, 2009	3770112	April 6, 2010
76.	SILVER, FIT, AND FABULOUS	77104963	February 12, 2007	3655180	July 14, 2009
77.	STEP 'N GO	77781936	July 15, 2009	4042542	October 18, 2011

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
78.	THIS YEAR I WILL DE-STRESS. <u>This year I will de-stress.</u>	77802429	August 11, 2009	3746819	February 9, 2010
79.	THIS YEAR I WILL EAT BETTER. <u>This year I will eat better.</u>	77802437	August 11, 2009	3746820	February 9, 2010
80.	THIS YEAR I WILL EAT MORE FRUITS & VEGGIES. <u>This year I will eat more fruit & veggies.</u>	77628864	December 8, 2008	3650322	July 7, 2009
81.	THIS YEAR I WILL LEARN SOMETHING NEW. <u>This year I will learn something new.</u>	77802441	August 11, 2009	3763141	March 23, 2010
82.	THIS YEAR I WILL LOSE WEIGHT. <u>This year I will lose weight.</u>	77628881	December 8, 2008	3650323	July 7, 2009
83.	THIS YEAR I WILL LOWER MY BLOOD PRESSURE. <u>This year I will lower my blood pressure.</u>	77628895	December 8, 2008	3650324	July 7, 2009
84.	THIS YEAR I WILL QUIT SMOKING. <u>This year I will quit smoking.</u>	77628910	December 8, 2008	3647084	June 30, 2009

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
85.	THIS YEAR I WILL RUN A 5K. This year I will <u>run a 5K.</u>	77628923	December 8, 2008	3647087	June 30, 2009
86.	THIS YEAR I WILL START EXERCISING. This year I will <u>start exercising.</u>	77628928	December 8, 2008	3647089	June 30, 2009
87.	THIS YEAR I WILL STAY ACTIVE. This year I will <u>stay active.</u>	77802444	August 11, 2009	3763142	March 23, 2010
88.	THIS YEAR I WILL STAY MOTIVATED. This year I will <u>stay motivated.</u>	77802448	August 11, 2009	3763144	March 23, 2010
89.	THIS YEAR I WILL STOP MAKING EXCUSES. This year I will <u>stop making excuses.</u>	77802454	August 11, 2009	3766955	March 30, 2010
90.	WALK-THE-TALK CHALLENGE	77592254	October 14, 2008	3675589	September 1, 2009
91.	WELLNESS STARTS HERE	77685506	March 6, 2009	3887073	December 7, 2010
92.	BE ACCOUNTABLE	86177290	January 28, 2014	4822941	September 29, 2015
93.	EXERCISEREWARDS 	86284124	May 16, 2014	4800687	August 25, 2015
94.	BE COMPETITIVE	86178487	January 29, 2014	4796103	August 18, 2015
95.	BE SUPPORTED	86177268	January 28, 2014	4791409	August 11, 2015
96.	BE EQUIPPED	86177250	January 28, 2014	4791408	August 11, 2015

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
97.	BE ENGAGED	86177216	January 28, 2014	4791407	August 11, 2015
98.	BE GREAT. BE GREAT.	86270631	May 2, 2014	4804976	September 1, 2015
99.	SOMETHING FOR EVERYONE	86650208	June 3, 2015	5018900	August 9, 2016
100.	BE EMPOWERED	86298209	June 2, 2014	4937396	April 12, 2016
101.	BE SOCIAL	86298201	June 2, 2014	4937395	April 12, 2016
102.	IT PAYS TO BE ACTIVE!	86177767	January 28, 2014	4721319	April 14, 2015
103.	SILVER&FIT CONNECTED!	88092487	August 24, 2018		
104.	EXERCISEREWARDS  ExerciseRewards	86186560	February 6, 2014	4846714	November 3, 2015
105.	EXERCISEREWARDS CHECKIN!	86184421	February 4, 2014	4841987	October 27, 2015
106.	BE CHALLENGED	86198759	February 20, 2014	4818788	September 22, 2015
107.	BE SYNCED	86178523	January 29, 2014	4832607	October 13, 2015
108.	BE LINKED	86178508	January 29, 2014	4832606	October 13, 2015
109.	BE GREAT	86153497	December 27, 2013	4704988	March 17, 2015
110.	ACTIVE&FIT CONNECTED!	88092513	August 24, 2018		
111.	HEALTHYROADS CHECKIN!	86184404	February 4, 2014	4846706	November 3, 2015
112.	ACTIVEOPTIONS	86156410	January 2, 2014	4813640	September 15, 2015
113.	A PRODUCT OF AMERICAN SPECIALTY HEALTH A PRODUCT OF  American Specialty Health	86317607	June 23, 2014	4671795	January 13, 2015
114.	FITNESSCOACH	85871000	March 8, 2013	4693565	February 24, 2015
115.	FITNESSCOACH  FitnessCoach	85934166	May 16, 2013	4561297	July 1, 2014

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116.	ASHLINK 	85836953	January 30, 2013	4469091	January 21, 2014
117.	FITNESS ENGAGEMENT 	85836912	January 30, 2013	4460309	December 31, 2013
118.	FITNESSENGAGEMENT.COM	85836748	January 30, 2013	4468014	January 14, 2014
119.	AMERICAN SPECIALTY HEALTH	78890630	May 23, 2006	3222596	March 27, 2007
120.	EMPOWERED DECISIONS!	86700053	July 21, 2015	5187246	April 18, 2017
121.	CHOOSEHEALTHY CONNECTED!	88092590	August 24, 2018		
122.	CHOOSEHEALTHY CONNECT	88092585	August 24, 2018		
123.	EMPOWEREDDECISIONS CONNECT	88092580	August 24, 2018		
124.	ACTIVE&FIT DIRECT CONNECTED!	88092547	August 24, 2018		
125.	ACTIVE&FIT DIRECT CONNECT	88092543	August 24, 2018		
126.	HEALTHYROADS CONNECT	88092524	August 24, 2018		
127.	ACTIVE&FIT CONNECT	88092507	August 24, 2018		
128.	SILVER&FIT CONNECT	88092465	August 24, 2018		
129.	ASHCONNECTED!	88092445	August 24, 2018		
130.	ASHCONNECT	88092432	August 24, 2018		
131.	FITNESSCOACH CONNECT	88092565	August 24, 2018		
132.	EXERCISEREWARDS CONNECT	88092555	August 24, 2018		
133.		88230636	December 14, 2018		
134.	 ChooseHealthy	88037531	July 13, 2018	5649329	January 8, 2019
135.	 ChooseHealthy	88037497	July 13, 2018	5649328	January 8, 2019

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136.		88230614	December 14, 2018		
137.		88230589	December 14, 2018		
138.	Providers of Excellence	87565264	August 11, 2017	5718875	April 9, 2019
139.	Healthroads Well-Being	87664911	October 30, 2017	5710817	March 26, 2019
140.	 American Specialty Health /// FITNESS	87845989	March 22, 2018	5704987	March 19, 2019
141.	EmpoweredDecisions! Connected	87978648	October 18, 2016	5608761	November 13, 2018
142.	eat breathe dream fitness	87565503	August 11, 2017	5567005	September 18, 2018
143.		87422478	April 24, 2017	5286417	September 12, 2017
144.	 Active&Fit DIRECT	87575311	August 18, 2017	5375471	January 9, 2018
145.	ASHLink	87265930	December 12, 2016	5376629	January 9, 2018
146.	Bridges to Better Health	87413775	April 17, 2017	5286400	September 12, 2017
147.	Your Future Is Active&Fit	86896414	February 3, 2016	5003460	July 19, 2016

SHORT-FORM TRADEMARK SECURITY AGREEMENT

This SHORT-FORM TRADEMARK SECURITY AGREEMENT (this "Agreement") is made and dated as of August 29, 2019 by and between AMERICAN SPECIALTY HEALTH INCORPORATED, a Delaware corporation ("Grantor") and UMPQUA BANK (together with its successors and assigns, "Lender").

WHEREAS, Grantor has adopted, used, is using or intends to use, and is the owner of the trademarks and trademark applications listed in the attached Schedule of Trademarks and Trademark Applications, and the registrations and applications associated therewith;

WHEREAS, Grantor has contemporaneously with the execution of this Agreement entered into a Security Agreement dated on or about the date hereof among Grantor, the other pledgors from time to time party thereto, and Lender (as amended, modified, supplemented, restated or replaced from time to time, the "Security Agreement"), in which Grantor has granted certain security interests in favor of Lender;

WHEREAS, pursuant to the Security Agreement, Grantor has agreed with Lender to execute this Agreement; and

NOW, THEREFORE, for good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, Grantor hereby grants to Lender, to the extent provided in the Security Agreement (the terms and conditions of which are hereby incorporated herein), a security interest in all of its right, title and interest in, to and under all the trademarks, whether now owned or at any time hereafter acquired, of Grantor that are registered with, or for which applications for registration have been filed with, the United States Patent and Trademark Office, including the trademarks listed on the attached Schedule of Registered Trademarks, and all registrations and pending applications associated therewith (excluding any application for registration of a trademark filed on an intent-to-use basis solely to the extent that the grant of a security interest in any such trademark application would materially adversely affect the validity or enforceability of the resulting trademark registration or result in cancellation of such trademark application), as collateral security for the prompt and complete payment and performance when due of all of the Obligations (as defined in the Security Agreement). Notwithstanding the foregoing, in the event of any conflict between this Agreement and the Security Agreement, the Security Agreement shall control.

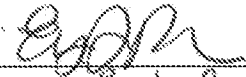
[Signature Pages Follow]

IN WITNESS WHEREOF, the undersigned have caused this Short-Form Trademark Security Agreement to be duly executed and delivered as of the date first above written.

AMERICAN SPECIALTY HEALTH INCORPORATED,
as Grantor

By: 
Name: William M. Comer, Jr.
Title: Executive VP & CFO

UMPQUA BANK,
as Lender

By: 
Name: Emily Bayfield
Title: Senior Vice President

Signature Page to Short-Form Trademark Security Agreement

SCHEDULE OF TRADEMARKS AND TRADEMARK APPLICATIONS


	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
1.	AMERICAN SPECIALTY HEALTH	75892134	January 7, 2000	2424248	January 23, 2001
2.	ACTIVE&FIT	78915702	June 23, 2006	3370776	January 15, 2008
3.	ACTIVE&FIT 	78941020	July 31, 2006	3374389	January 22, 2008
4.	ASHLINK	78902779	June 7, 2006	3348413	December 4, 2007
5.	EXTREMEFUN			3,413,277	
6.	EXTREME LIVING	78902165	June 6, 2006	3451271	June 17, 2008
7.	EXTREME QUIT	78902306	June 6, 2006	3307060	October 9, 2007
8.	GET FIT. HAVE FUN. BE HEALTHY.	77226726	July 11, 2007	3517558	October 14, 2008
9.	HEALTHY AGING IS HOT	77105022	February 12, 2007	3599053	March 31, 2009
10.	HEALTHY CHOICES. RENEWED LIVES.	78903926	June 8, 2006	3247074	May 29, 2007
11.	HEALTHYROADS	78891333	May 24, 2006	3352208	December 11, 2007
12.	HEALTHYROADS COACH	78902289	June 6, 2006	3559103	January 6, 2009
13.	HEALTHYROADS COACHING	78902292	June 6, 2006	3446901	June 10, 2008
14.	HEALTHYROADS WELLNESS	78902300	June 6, 2006	3535547	November 18, 2008
15.	PRESS STOP.	77106424	February 13, 2007	3473049	July 22, 2008
16.	PRESS GO.	77106399	February 13, 2007	3473048	July 22, 2008
17.	QUIT&FIT	78902141	June 6, 2006	3332685	November 6, 2007
18.	QUIT&FIT 	77245978	August 2, 2007	3487433	August 19, 2008
19.	SILVER&FIT	78719360	September 23, 2005	3269939	July 24, 2007
20.	SILVER&FIT 	78913844	June 21, 2006	3464406	July 8, 2008

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
21.	THE SILVER SLATE	77453828	April 21, 2008	3512448	October 7, 2008
22.	THE SILVER SLATE	78979415	June 21, 2006	3379735	February 5, 2008
23.	THE SILVER SLATE	78913109	June 21, 2006	3538911	November 25, 2008
24.	AMERICA'S HEALTH IS OUR SPECIALTY	77245660	August 2, 2007	4049504	November 1, 2011
25.	BE FIT. GET EDUCATED. HAVE FUN.	77105091	February 12, 2007	3904593	January 11, 2011
26.	CHOOSEHEALTHY	77319374	November 1, 2007	3772149	April 6, 2010
27.	CHOOSEHEALTHY 	77349990	December 12, 2007	3680628	September 8, 2009
28.	EVERYONE NEEDS A COACH	77424201	March 17, 2008	3636400	June 9, 2009
29.	EXERCISEREWARDS 	77494312	June 9, 2008	3684116	September 15, 2009
30.	FITNESS IS TIMELESS.	77302117	October 11, 2007	3670058	August 18, 2009
31.	FITNESSCOACH CONNECTED!	88092572	August 24, 2018		
32.	4 WAYS TO DRINK MORE WATER AT WORK	77681758	March 2, 2009		
33.	HEALTHYROADS CONNECTED!	77421529	March 13, 2008	4002731	July 26, 2011
34.	HEALTHYROADS FIT COMPANY AWARD	77796348	August 4, 2009	3749794	February 16, 2010
35.	HEALTHYROADS IS CALLING YOU TO A HEALTHIER LIFE	77684416	March 5, 2009	3890726	December 14, 2010
36.	HOW TO BUILD A FIT COMPANY	77593254	October 15, 2008	3719744	December 1, 2009
37.	I FEEL BOLD. 	77119885	March 1, 2007	3640194	June 16, 2009

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
38.	I FEEL BOLD. I feel <u>bold</u> .	77107295	February 14, 2007	3651657	July 7, 2009
39.	I FEEL EMPOWERED. I feel <u>empowered</u> .	77119913	March 1, 2007	3640195	June 16, 2009
40.	I FEEL EMPOWERED. I feel <u>empowered</u> .	77107418	February 14, 2007	3651661	July 7, 2009
41.	I FEEL FIT. I feel <u>fit</u> .	77118956	February 28, 2007	3640192	June 16, 2009
42.	I FEEL FIT. I feel <u>fit</u> .	77107376	February 14, 2007	3651659	July 7, 2009
43.	I FEEL FREE. I feel <u>free</u> .	77119702	March 1, 2007	3661308	July 28, 2009
44.	I FEEL FREE. I feel <u>free</u> .	77107390	February 14, 2007	3655185	July 14, 2009
45.	I FEEL HAPPY. I feel <u>happy</u> .	77119856	March 1, 2007	3640193	June 16, 2009
46.	I FEEL HAPPY. I feel <u>happy</u> .	77107401	February 14, 2007	3651660	July 7, 2009




	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
47.	I FEEL HEALTHY. i feel <u>healthy</u>	77118900	February 28, 2007	3640191	June 16, 2009
48.	I FEEL HEALTHY. i feel <u>healthy</u>	77107344	February 14, 2007	3651658	July 7, 2009
49.	I FEEL RELAXED. i feel <u>relaxed</u>	77120015	March 1, 2007	3640198	June 16, 2009
50.	I FEEL RELAXED. i feel <u>relaxed</u>	77107583	February 14, 2007	3640161	June 16, 2009
51.	I FEEL STRONG. i feel <u>strong</u>	77119958	March 1, 2007	3640196	June 16, 2009
52.	I FEEL STRONG. i feel <u>strong</u>	77107536	February 14, 2007	3640159	June 16, 2009
53.	I FEEL YOUNG. i feel <u>young</u>	77119985	March 1, 2007	3640197	June 16, 2009
54.	I FEEL YOUNG. i feel <u>young</u>	77107558	February 14, 2007	3640160	June 16, 2009
55.	IMAGINE: FIT	77105401	February 12, 2007	3658533	July 21, 2009
56.	IMAGINE: HEALTHY	77105516	February 12, 2007	3655183	July 14, 2009
57.	IMAGINE: HEALTHY	77120350	March 1, 2007	3667135	August 11, 2009

Schedule to Short-Form Trademark Security Agreement

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
58.	IMAGINE: THIN	77105378	February 12, 2007	3655181	July 14, 2009
59.	IMAGINE: TOBACCO FREE	77105418	February 12, 2007	3658534	July 21, 2009
60.	IMAGINE: TOBACCO FREE	77120338	March 1, 2007	3667134	August 11, 2009
61.	IMAGINE: WALKING EVERY DAY	77105436	February 12, 2007	3655182	July 14, 2009
62.	IS YOUR FITNESS ROUTINE STUCK IN THE 80S?	77682726	March 3, 2009	3794466	May 25, 2010
63.	LIVE WELL. LEARN HOW. LOG ON.	77484354	May 27, 2008	3768300	March 30, 2010
64.	LIVE WELL. LEARN HOW. LOG ON. HEALTHYROADS.COM	77682624	March 3, 2009	3800599	June 8, 2010
65.	MOVE YOURSELF.	77105230	February 12, 2007	3712447	November 17, 2009
66.	NO FEES • NO HURDLES • NO SWEAT no fees • no hurdles • no sweat	77733720	May 11, 2009	3718554	December 1, 2009
67.	QUIT STALLING, START CALLING! QUIT STALLING, START CALLING!	77682699	March 3, 2009	3683006	September 15, 2009
68.	REACH BEYOND.	77105278	February 12, 2007	3712448	November 17, 2009
69.	REAL MEN DO YOGA	77729301	May 5, 2009	3934977	March 22, 2011
70.	REAL MEN EAT SALAD	77729241	May 5, 2009	3934974	March 22, 2011
71.	REAL WOMEN MAKE A SPLASH	77729383	May 5, 2009	3929165	March 8, 2011
72.	REDEFINE SENIOR MOMENT	77104980	February 12, 2007	3606507	April 14, 2009
73.	SILVER&FIT AFFINITY	77760172	June 15, 2009	3935045	March 22, 2011
74.	SILVER&FIT AFFINITY 	77760194	June 15, 2009	3935046	March 22, 2011
75.	SILVER&FIT SIGNATURE SERIES CLASSES	77686777	March 9, 2009	3770112	April 6, 2010
76.	SILVER, FIT, AND FABULOUS	77104963	February 12, 2007	3655180	July 14, 2009
77.	STEP 'N GO	77781936	July 15, 2009	4042542	October 18, 2011

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
78.	THIS YEAR I WILL DE-STRESS. <u>This year I will de-stress.</u>	77802429	August 11, 2009	3746819	February 9, 2010
79.	THIS YEAR I WILL EAT BETTER. <u>This year I will eat better.</u>	77802437	August 11, 2009	3746820	February 9, 2010
80.	THIS YEAR I WILL EAT MORE FRUITS & VEGGIES. <u>This year I will eat more fruit & veggies.</u>	77628864	December 8, 2008	3650322	July 7, 2009
81.	THIS YEAR I WILL LEARN SOMETHING NEW. <u>This year I will learn something new.</u>	77802441	August 11, 2009	3763141	March 23, 2010
82.	THIS YEAR I WILL LOSE WEIGHT. <u>This year I will lose weight.</u>	77628881	December 8, 2008	3650323	July 7, 2009
83.	THIS YEAR I WILL LOWER MY BLOOD PRESSURE. <u>This year I will lower my blood pressure.</u>	77628895	December 8, 2008	3650324	July 7, 2009
84.	THIS YEAR I WILL QUIT SMOKING. <u>This year I will quit smoking.</u>	77628910	December 8, 2008	3647084	June 30, 2009

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
85.	THIS YEAR I WILL RUN A 5K. This year I will <u>run a 5K.</u>	77628923	December 8, 2008	3647087	June 30, 2009
86.	THIS YEAR I WILL START EXERCISING. This year I will <u>start exercising.</u>	77628928	December 8, 2008	3647089	June 30, 2009
87.	THIS YEAR I WILL STAY ACTIVE. This year I will <u>stay active.</u>	77802444	August 11, 2009	3763142	March 23, 2010
88.	THIS YEAR I WILL STAY MOTIVATED. This year I will <u>stay motivated.</u>	77802448	August 11, 2009	3763144	March 23, 2010
89.	THIS YEAR I WILL STOP MAKING EXCUSES. This year I will <u>stop making excuses.</u>	77802454	August 11, 2009	3766955	March 30, 2010
90.	WALK-THE-TALK CHALLENGE	77592254	October 14, 2008	3675589	September 1, 2009
91.	WELLNESS STARTS HERE	77685506	March 6, 2009	3887073	December 7, 2010
92.	BE ACCOUNTABLE	86177290	January 28, 2014	4822941	September 29, 2015
93.	EXERCISEREWARDS  ExerciseRewards	86284124	May 16, 2014	4800687	August 25, 2015
94.	BE COMPETITIVE	86178487	January 29, 2014	4796103	August 18, 2015
95.	BE SUPPORTED	86177268	January 28, 2014	4791409	August 11, 2015
96.	BE EQUIPPED	86177250	January 28, 2014	4791408	August 11, 2015

	Word/Mark	Serial Number	Filing Date	Registration Number	Registration Date
97.	BE ENGAGED	86177216	January 28, 2014	4791407	August 11, 2015
98.	BE GREAT. BE GREAT.	86270631	May 2, 2014	4804976	September 1, 2015
99.	SOMETHING FOR EVERYONE	86650208	June 3, 2015	5018900	August 9, 2016
100.	BE EMPOWERED	86298209	June 2, 2014	4937396	April 12, 2016
101.	BE SOCIAL	86298201	June 2, 2014	4937395	April 12, 2016
102.	IT PAYS TO BE ACTIVE!	86177767	January 28, 2014	4721319	April 14, 2015
103.	SILVER&FIT CONNECTED!	88092487	August 24, 2018		
104.	EXERCISEREWARDS  ExerciseRewards	86186560	February 6, 2014	4846714	November 3, 2015
105.	EXERCISEREWARDS CHECKIN!	86184421	February 4, 2014	4841987	October 27, 2015
106.	BE CHALLENGED	86198759	February 20, 2014	4818788	September 22, 2015
107.	BE SYNCED	86178523	January 29, 2014	4832607	October 13, 2015
108.	BE LINKED	86178508	January 29, 2014	4832606	October 13, 2015
109.	BE GREAT	86153497	December 27, 2013	4704988	March 17, 2015
110.	ACTIVE&FIT CONNECTED!	88092513	August 24, 2018		
111.	HEALTHYROADS CHECKIN!	86184404	February 4, 2014	4846706	November 3, 2015
112.	ACTIVEOPTIONS	86156410	January 2, 2014	4813640	September 15, 2015
113.	A PRODUCT OF AMERICAN SPECIALTY HEALTH A PRODUCT OF  American Specialty Health	86317607	June 23, 2014	4671795	January 13, 2015
114.	FITNESSCOACH	85871000	March 8, 2013	4693565	February 24, 2015
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118.	FITNESSENGAGEMENT.COM	85836748	January 30, 2013	4468014	January 14, 2014
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125.	ACTIVE&FIT DIRECT CONNECT	88092543	August 24, 2018		
126.	HEALTHYROADS CONNECT	88092524	August 24, 2018		
127.	ACTIVE&FIT CONNECT	88092507	August 24, 2018		
128.	SILVER&FIT CONNECT	88092465	August 24, 2018		
129.	ASHCONNECTED!	88092445	August 24, 2018		
130.	ASHCONNECT	88092432	August 24, 2018		
131.	FITNESSCOACH CONNECT	88092565	August 24, 2018		
132.	EXERCISEREWARDS CONNECT	88092555	August 24, 2018		
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135.	 ChooseHealthy	88037497	July 13, 2018	5649328	January 8, 2019

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143.		87422478	April 24, 2017	5286417	September 12, 2017
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