

Do you know someone who could benefit from a **healthier lifestyle?**

For older adults, regular physical activity is important to maintaining independence.



It helps strengthen bones and muscles, improve balance, reduce the risk of cardiovascular disease, reduce stress and enhance mood. What better way to help those you love than by telling them about the award-winning SilverSneakers® Fitness Program? SilverSneakers is a fitness program designed exclusively for older adults offered through Medicare health plans at no additional cost.

With SilverSneakers, your loved ones could be enjoying:

- a basic fitness membership with access to participating locations nationwide
- custom-designed classes and use of exercise equipment
- health education seminars and fun social events
- a Program AdvisorSM to help them reach their goals
- member-only access to online health support

If you know someone who may be eligible for this great benefit, encourage them to call us at 1-888-423-4632 (TTY: 711).



STAY YOUNGSM



Help someone you love stay healthy and encourage them to join SilverSneakers today!



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www.silversneakers.com