SilverSneakers®
by Tivity Health

Congratulations on taking this important step toward a healthier lifestyle.

Participating in **SilverSneakers®** can help you get stronger, stay focused and connect with others like you.

Getting started is easy.

1. Find your closest SilverSneakers location.

2. Take your SilverSneakers card or personal ID number to the location.

3. Tour the location and start working out at **no extra cost!**

Find your closest SilverSneakers fitness location at silversneakers.com.

Location name: _____

Address: _____

City: _____

Phone: (_____) _____

Your personal SilverSneakers ID number is your ticket to fitness.

If you don't have your card, go to **silversneakers.com** to print a card, or simply write your ID number in the spaces below.

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Mary Smith
1234567891011121

silversneakers.com

Take your ID number to the location and start getting active!

silversneakers.com

1-888-423-4632 (TTY: 711) Monday — Friday, 8 a.m. — 8 p.m. ET

Quick facts

SilverSneakers

- Premier program for adult fitness
- All fitness levels and abilities
- Access to amenities and signature classes

SilverSneakers locations

- 13,000+ nationwide; members can use any and all, any time
- Fitness equipment, pools, other amenities
- Coed and women-only
- Classes at 1,000+ SilverSneakers FLEX® locations including community centers, adult communities and more

SilverSneakers classes

(Not all classes are available at every location.)

- **Classic**: Total-body conditioning with resistance tools
- **Circuit**: Non-impact aerobics and strength work
- **CardioFit**: Low-impact, heart-healthy aerobics
- **Yoga**: Safe movements and breathing exercises
- **Splash**: Fun, refreshing, non-impact water workout
- **Stability**: Drills to improve strength and balance to help prevent falls
- **SilverSneakers BOOM™:**
  - **MOVE IT**: A higher intensity dance workout class
  - **MUSCLE**: A blend of cardio- and strength-based athletic exercises
  - **MIND**: A fusion of yoga and Pilates to improve core strength and flexibility

What you'll need when you visit

- Your SilverSneakers member ID card or number
- Comfortable clothing (ask your location about any dress code)
- Athletic shoes with good support

Benefits of exercise

Regular exercise can help you:

- reach and maintain a healthy weight
- improve your heart health
- strengthen and tone your muscles
- improve your flexibility and balance
- expand your social circle
- improve your overall well-being

" I don't come to an exercise class— I come to a social group that exercises.

Judy S.,
SilverSneakers member

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Get active with SilverSneakers now!