



# YOUR KEY TO A FULLER, HEALTHIER LIFE

**SilverSneakers®** is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

## BENEFITS OF SILVERSNEAKERS

SilverSneakers is *much more* than an exercise program – it may help you to achieve your *best health in mind, body and spirit*.<sup>1</sup>



A no-cost fitness benefit with access to thousands of locations nationwide<sup>2</sup>



SilverSneakers FLEX® classes offered outside the traditional gym setting<sup>3</sup>



The ability to enroll at multiple locations at any time



Social connections through events such as shared meals, holiday celebrations, and class socials



Online resources (fitness location directory, articles, SilverSneakers On-Demand™ workout videos, and more)



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app



Signature SilverSneakers classes designed for all fitness levels and led by trained instructors<sup>3</sup>





**88%**

of participants say SilverSneakers has improved their quality of life.<sup>4</sup>

**60%**

of participants report that they have made new and valuable friendships through SilverSneakers.<sup>4</sup>

**69%**

discovered they could do more than they thought possible.<sup>4</sup>

## LET'S GET STARTED

Enroll in as many locations as you like and take part in fitness classes, use gym amenities and participate in events in your community.<sup>2</sup>



**START  
HERE**

Go to **SilverSneakers.com/StartHere** to get your SilverSneakers member ID and find fitness locations that are right for you.



**TAKE A  
TOUR**

Bring your member ID number with you on your first visit.



**START YOUR  
ROUTINE**

You can start slowly, but keep it steady to enjoy a healthier lifestyle.

***SilverSneakers.com/StartHere***

Questions? Call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET

1. Always talk with your doctor before starting an exercise program.  
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.  
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.  
4. 2018 Annual Participant Survey  
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