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.

THE SILVERSNEAKERS EXPERIENCE

SilverSneakers is much more than an exercise program – it’s a way for you to achieve your best health in mind, body and spirit.

- A no-cost fitness benefit with access to 15,000+ fitness locations nationwide
- The ability to enroll at multiple locations at any time
- Guidance from dedicated fitness staff
- Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)
- Signature SilverSneakers classes designed for all fitness levels and led by trained instructors
- SilverSneakers FLEX® classes offered outside the traditional gym setting
- Social connections through events such as shared meals, holiday celebrations, and class socials
- Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app
88% of participants say SilverSneakers has improved their quality of life.

58% of participants report that they have made new and valuable friendships through SilverSneakers.

88% discovered they could do more than they thought possible.

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.*

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

2. **TAKE A TOUR**
   Bring your member ID number with you on your first visit.

3. **START YOUR ROUTINE**
   You can start slow, but keep it steady to enjoy a healthier lifestyle.

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

Source: 2017 Annual Participant Survey
*Classes and amenities vary by location.
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