



# 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.

## 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



SilverSneakers FLEX® classes offered outside the traditional gym setting



The ability to enroll at multiple locations at any time



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



Guidance from dedicated fitness staff



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



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**



**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.\*



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



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



You can start slow, 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

Source: 2017 Annual Participant Survey

\*Classes and amenities vary by location.

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