



Stay Active for Better Heart Health with SilverSneakers®



Get the exercise you need with SilverSneakers, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

Recommendations for a healthy lifestyle:¹

- 2 hours and 30 minutes of moderate-intensity exercise a week
- choose healthy food and drinks
- don't smoke
- maintain a healthy weight

To lower your risk for heart disease and heart attack, it's important to keep your blood pressure, cholesterol and blood sugar normal. Lifestyle changes, like choosing healthy food and being physically active, assist in reducing your risk for heart disease. As the leading fitness program for seniors, SilverSneakers can help.



SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:

- A nationwide network of participating gym and community locations², at no additional cost - enroll in as many as you'd like
- Group activities and classes³ offered outside the gym
- SilverSneakers LIVE online classes and workshops led by specially trained instructors offered 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand 200+ online workout videos available 24/7
- SilverSneakers GO mobile app with adjustable workout plans and more
- Buralong® access with a supportive virtual community and thousands of classes for all interests and abilities



Find out if you have SilverSneakers at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)



"[Exercising] helps me keep my blood pressure and cholesterol down, and my heart, bones and mind strong. If anyone asks me about SilverSneakers, I say to them proudly, 'Please participate. Be motivated for your own health.'⁴"

– W.T., SilverSneakers member



SilverSneakers may help you keep your heart healthy. Find out if you have the benefit.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)



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

Always talk with your doctor before starting an exercise program.

1. https://www.cdc.gov/heart-disease/prevention/?CDC_AAref_Val=https://www.cdc.gov/heartdisease/prevention.htm
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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
4. Results vary. Not all participants will achieve these results or benefits.

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