



Stay Active to Help Keep Your Memory Sharp



Memory naturally changes with age. There are several strategies that can help you stay sharp and adapt to changes in memory and mental skills. SilverSneakers® can support your well-being, but if you're concerned about serious memory issues, consult your doctor.

Here are a few tips to consider:¹

- Staying active and eating well
- Learning new skills
- Socializing with friends and family
- Using memory tools like calendars and notes



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

- 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
- Burnalong® 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)**



"Since starting SilverSneakers, I've noticed an increase in my ability to remember facts. My balance has improved! The friendships I have established have made my life more enjoyable and motivated me to further my fitness program.⁵"

– James, SilverSneakers member



Moderate exercise may help you improve your memory.⁴ Find out if you have SilverSneakers.

[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.nia.nih.gov/health/memory-loss-and-forgetfulness/memory-problems-forgetfulness-and-aging>
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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. <https://www.health.harvard.edu/mind-and-mood/exercise-can-boost-your-memory-and-thinking-skills>
5. Results vary. Not all participants will achieve these results or benefits.