



# Staying Active May Help Improve Your Mental Health and Mood



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

A few possible mental health benefits of physical exercise:

- Can help reduce the risk of depression and lead to better sleep<sup>1</sup>
- May help maintain brain health by keeping your thinking, learning and problem-solving skills sharp<sup>2</sup>
- Staying engaged in enjoyable activities is associated with better physical and mental health<sup>3</sup>

Participating in SilverSneakers is a good way to get and stay active physically and socially.



**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 locations<sup>4</sup>, at no additional cost - enroll in as many as you'd like
- Group activities and classes<sup>5</sup> 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)**



**"I use the gym five days and do boot camp two days a week. I am stronger and healthier than I was before I started. My mood is better, I sleep well and my weight remains stable. My day just doesn't feel right if I miss my morning hour at the gym.<sup>6</sup>"**

*– Brenda, SilverSneakers member*



SilverSneakers may help you improve your mental health and mood. 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://pubmed.ncbi.nlm.nih.gov/39097997/>
2. <https://www.cdc.gov/physical-activity/features/boost-brain-health.html>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9902068/>
4. 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.
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. Results vary. Not all participants will achieve these results or benefits.