



Staying Active Helps Build Strong Bones



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

You can take positive steps to safeguard your bones and reduce the risk of osteoporosis and fractures:

- Maintain a balanced diet, including getting enough calcium and vitamin D¹
- Abstain from smoking and limit alcohol consumption¹
- Take medications as prescribed
- Engage in two types of regular exercise: weight-bearing (like walking, stair climbing, using elliptical machines) and muscle-strengthening (like lifting weights, using elastic bands, using weight machines).² If you have SilverSneakers, you can do these exercises at no additional cost



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 locations³, at no additional cost - enroll in as many as you'd like
- Group activities and classes⁴ 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 enrolling in SilverSneakers, I’ve dramatically increased my physical activity. Each week I do yoga four to five times, lift weights twice, walk five to 10 miles and dance at least once. I have osteoporosis and prefer to manage it this way along with good nutrition. I am so grateful for SilverSneakers!⁵”

– Karen, SilverSneakers member



SilverSneakers may help you maintain good bone health. 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.hopkinsmedicine.org/health/conditions-and-diseases/osteoporosis/what-you-can-do-now-to-prevent-osteoporosis>
2. [nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/](https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/)
3. 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.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
5. Results vary. Not all participants will achieve these results or benefits.

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