



Stay Active to Manage Pain



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

An estimated 51.6 million American adults suffer from chronic pain.¹ But regular physical activity may help.² These exercises are often recommended³ for pain management:

- **Strengthening.** Using resistance bands and/or weighted wristbands is a low-impact way to build strength and protect your joints
- **Endurance.** Walking, swimming and cycling make your heart and arteries healthier and can reduce swelling in your joints
- **Flexibility.** Stretching and activities like yoga and tai chi can relieve pain and stiffness and increase mobility to make everyday activities more comfortable



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 locations⁴, at no additional cost - enroll in as many as you'd like
- Group activities and classes⁵ 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 have severe arthritis, herniated discs, and spinal stenosis...I go to the gym four days a week for three hours. I work out with weights and machines, do core and ab exercises and stretching, and cardio on the elliptical machine. It helps alleviate my pain and keeps me healthy."⁶

– Marilyn, SilverSneakers member



SilverSneakers may help you manage pain.
Find out if you have the benefit.

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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/mmwr/volumes/72/wr/mm7215a1.htm>
2. <https://www.nia.nih.gov/health/exercise-and-physical-activity/exercising-chronic-conditions#pain>
3. <https://www.nia.nih.gov/health/exercise-and-physical-activity/health-benefits-exercise-and-physical-activity>
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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan. 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.