

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 sleep¹
- may help maintain brain health by keeping your thinking, learning and judgment skills sharp²
- staying engaged in enjoyable activities is associated with better physical and mental health³

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 Medicare plan includes this benefit, you have access to:

- thousands of participating locations nationwide, including basic amenities⁴
- classes for all fitness levels⁵ with instructors trained in senior fitness
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7, including a stress management education and exercise program
- the SilverSneakers GO app with workouts, wellness and meditation programs, reminders and more

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



Let SilverSneakers help you improve your mental health and mood.
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

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.⁶

– Brenda, SilverSneakers member

1. ncbi.nlm.nih.gov/pmc/articles/PMC3317043/

2. ncbi.nlm.nih.gov/pubmed/24379659

3. cdc.gov/aging/publications/features/social-engagement-aging.html

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.

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.

Always talk with your doctor before starting an exercise program.

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