



STAY ACTIVE TO HELP KEEP YOUR MEMORY SHARP

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

Activities that may help improve memory:¹

- exercise and eat well
- learn a new skill
- spend time with friends and family
- use memory tools such as calendars and notes

If you're sometimes forgetful, there are things you can do that may improve your memory and mental skills, and SilverSneakers® can help. If you're concerned your memory problems might be more serious, please talk with your doctor.

With SilverSneakers, you can connect with friends, get nutrition tips and stay active. If your health plan includes this benefit, you have access to:

- thousands of participating locations nationwide, including basic amenities²
- classes for all fitness levels⁴ with instructors trained in senior fitness³
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7, including health and nutrition tips
- the SilverSneakers GO app with stability workout plans and more

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



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

[SilverSneakers.com/Check](https://www.silversneakers.com/Check)

1-888-423-4632 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

*“ 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

Always talk with your doctor before starting an exercise program.

1. nia.nih.gov/health/memory-forgetfulness-and-aging-whats-normal-and-whats-not
2. 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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
4. cdc.gov/nccdp/dnpao/features/physical-activity-brain-health
5. Results vary. Not all participants will achieve these results or benefits.