



STAY ACTIVE TO MANAGE YOUR WEIGHT

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

Reaching and maintaining a healthy weight isn't about following fad diets or strenuous exercise routines. Instead, it's a lifestyle that includes healthy eating patterns and regular physical activity.¹ SilverSneakers® can help you get the exercise, inspiration and support you need to reach and stay at a healthy weight.

Achieving a healthy weight may help:²

- lower blood pressure and cholesterol
- prevent or manage chronic diseases
- improve sleep and reduce pain

SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:

- thousands of participating locations nationwide, including basic amenities³
- classes for all fitness levels⁴ 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 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)



Let SilverSneakers help you reach and stay at a healthy weight.
Find out if you have the benefit.

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

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

I use weights and cardio equipment to maintain a healthy weight, blood pressure and cholesterol. I would like to stay active well into my 80s and still play golf. Exercising well provides me with this opportunity.⁵

– Joseph, SilverSneakers member

Always talk with your doctor before starting an exercise program.

1. [cdc.gov/healthyweight/losing_weight/getting_started](https://www.cdc.gov/healthyweight/losing_weight/getting_started)
2. [ncbi.nlm.nih.gov/pmc/articles/PMC5387759](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5387759)
3. 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.
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.