



STAY ACTIVE TO HELP MAINTAIN HEALTHY BLOOD PRESSURE

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

Keeping your blood pressure in a healthy range helps lower your risk for heart disease and stroke.¹ It's important to eat a healthy diet, maintain a healthy weight, limit alcohol use, not smoke and get enough physical activity.² As the leading senior fitness program, SilverSneakers can help.

An example of recommended weekly exercise routine:²

- moderate-intensity activities, such as brisk walks and workout classes for a minimum total of 2.5 hours broken up over 3 to 5 days
- muscle-strengthening activities, such as weight-lifting and Yoga two days a week

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 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)



SilverSneakers may help you maintain healthy blood pressure.
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[SilverSneakers.com/Check](https://www.silversneakers.com/Check)

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

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*At age 65 I started attending [my location] to just start a routine.
Now I work out three times a week, working all major muscle
groups and doing cardio. My motivation to continue is my results.⁵*

– W.T., SilverSneakers member

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Always talk with your doctor before starting an exercise program.

1. [cdc.gov/bloodpressure/healthy_living.htm](https://www.cdc.gov/bloodpressure/healthy_living.htm)
2. [cdc.gov/physicalactivity/basics/older_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)
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.