

Help seniors improve their balance and work to prevent falls

We know that maintaining a steady sense of balance is crucial in fall prevention. What exercises can senior patients do to improve their balance? Since falls often happen during everyday activities such as climbing stairs or walking on slippery floors, functional training can be especially beneficial.

Functional training strengthens the body for daily activities. This workout method is designed to mimic everyday movements¹. By training these movement patterns, seniors can build and maintain the strength needed to live independently, reducing the risk of falls and age-related aches and pains.

Every [SilverSneakers class](#) features movements like these. Many classes also use equipment like resistance bands, dumbbells and fitness balls that can help seniors move in different ways. A good class you might recommend is SilverSneakers Circuit. This beginner-friendly class includes fall-prevention drills and exercises to improve your strength and endurance. It's offered both in-person at [participating fitness locations](#) and [online with SilverSneakers LIVE](#).

Ways to get active with SilverSneakers.

SilverSneakers is more than a traditional fitness program – it's a way of life. Designed specifically for seniors, there's something to help them get started and achieve their health and fitness goals. And it may be included with their Medicare Advantage plan at no additional cost. With SilverSneakers, members get access to:

- a nationwide network of participating locations², with group fitness classes³ at select locations
- [SilverSneakers LIVE](#) online classes and workshops taught 7 days a week by instructors trained in senior fitness
- [SilverSneakers On-Demand](#) library with 200+ online workout videos
- SilverSneakers GO mobile app with digital workout programs
- SilverSneakers Community classes offered in neighborhood locations outside of the gym

Have members go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to activate their FREE SilverSneakers member account and get their Member ID number today.

1. <https://www.ageility.com/ageility-blog/functional-exercises-older-adults/>
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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.

SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved. SSFP7611_0724