

Recommend SilverSneakers to help seniors fight loneliness and social isolation

As the holidays approach, we need to help our senior population, so they don't suffer from loneliness and social isolation. Research shows that humans are social animals and tend to function well in groups.¹ Feeling left out or being alone most of the time can be difficult for many of us, but our seniors tend to fill this more profoundly.

The root cause of both social isolation and loneliness can be hearing loss, mobility issues or other health concerns. Once you've addressed these with the patient, it's time to help them overcome feelings of neglect.

As a provider, there are things you can recommend to your patients to help them combat loneliness and social isolation. You can encourage them to revisit a hobby, schedule calls with friends and family, write emails and letters, play an online game with friends or take a SilverSneakers® class to get moving.

SilverSneakers is offered both in-person at [participating fitness locations](#)² and [online with SilverSneakers LIVE](#). Both options are available to all members.

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 online account and get their Member ID number today.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2527715/>
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.

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