



**SilverSneakers®** is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

## THE SILVER SNEAKERS EXPERIENCE

SilverSneakers is *much more* than an exercise program – it's a way for you to achieve your *best health in mind, body and spirit*.

A no-cost fitness benefit with access to 15,000+ fitness locations nationwide



SilverSneakers FLEX® classes offered outside the traditional gym setting

The ability to enroll at multiple locations at any time

Social connections through events such as shared meals, holiday celebrations, and class socials



Guidance from dedicated fitness staff



Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app

Signature SilverSneakers classes



8

of participants say  
SilverSneakers has improved

of participants report  
that they have made new

88

discovered they could  
do more than they thought

LET'S GET STARTED

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[SilverSneakers.com/StartHere](https://www.SilverSneakers.com/StartHere)