



## Congratulations on taking this important step toward a healthier lifestyle.

Participating in **SilverSneakers®** can help you get stronger, stay focused and connect with others like you.

# Getting started is easy.



**1.** Find your closest SilverSneakers location.



**2.** Take your SilverSneakers card or personal ID number to the location.



**3.** Tour the location and start working out at **no extra cost!**

Find your closest SilverSneakers fitness location at [silversneakers.com](http://silversneakers.com).

Location name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Your **personal SilverSneakers ID number** is your ticket to fitness.

If you don't have your card, go to [silversneakers.com](http://silversneakers.com) to print a card, or simply write your ID number in the spaces below.



Take your ID number to the location and start getting active!

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[silversneakers.com](http://silversneakers.com)

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

# Quick facts

## SilverSneakers

- Premier program for adult fitness
- All fitness levels and abilities
- Access to amenities and signature classes

## SilverSneakers locations

- 13,000+ nationwide; members can use any and all, any time
- Fitness equipment, pools, other amenities
- Coed and women-only
- Classes at 1,000+ SilverSneakers FLEX® locations including community centers, adult communities and more

## SilverSneakers classes

(Not all classes are available at every location.)







- **Classic:** Total-body conditioning with resistance tools
- **Circuit:** Non-impact aerobics and strength work
- **CardioFit:** Low-impact, heart-healthy aerobics
- **Yoga:** Safe movements and breathing exercises
- **Splash:** Fun, refreshing, non-impact water workout
- **Stability:** Drills to improve strength and balance to help prevent falls
- **SilverSneakers BOOM™:**
  - **MOVE IT:** A higher intensity dance workout class
  - **MUSCLE:** A blend of cardio- and strength-based athletic exercises
  - **MIND:** A fusion of yoga and Pilates to improve core strength and flexibility

## What you'll need when you visit

- Your SilverSneakers member ID card or number
- Comfortable clothing (ask your location about any dress code)
- Athletic shoes with good support

## Benefits of exercise

Regular exercise can help you:

-  reach and maintain a healthy weight
-  improve your heart health
-  strengthen and tone your muscles
-  improve your flexibility and balance
-  expand your social circle
-  improve your overall well-being



“ I don't come to an exercise class—  
I come to a social group that exercises.

Judy S.,  
SilverSneakers member



Get active with  
**SilverSneakers now!**