



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 serious health problems.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



Along with self reporting blood pressure to your doctor, SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:

- A nationwide network of participating gym and community locations³, at no additional cost - enroll in as many as you'd like
- Group activities and classes⁴ offered outside the gym
- SilverSneakers LIVE online classes and workshops led by specially trained instructors offered 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand 200+ online workout videos available 24/7
- SilverSneakers GO mobile app with adjustable workout plans and more
- Burnalong® access with a supportive virtual community and thousands of classes for all interests and abilities

Find out if you have SilverSneakers at [SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)



"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



SilverSneakers may help you maintain healthy blood pressure. Find out if you have SilverSneakers.

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

Always talk with your doctor before starting an exercise program.

1. <https://www.cdc.gov/high-blood-pressure/about/>
2. <https://www.cdc.gov/high-blood-pressure/prevention/>
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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
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.