



# Stay Active to Manage Your Weight



**Get the exercise you need with SilverSneakers®, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.**

Reaching and maintaining a healthy weight isn't about following fad diets or strenuous exercise routines. Instead, it's a lifestyle that includes healthy eating patterns and regular physical activity.<sup>1</sup> SilverSneakers can help you get the exercise, inspiration and support you need to reach and stay at a healthy weight.

Achieving a healthy weight may help:

- lower blood pressure<sup>2</sup> and cholesterol
- prevent or manage chronic diseases<sup>1</sup>
- improve sleep and reduce pain<sup>1</sup>



**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 locations<sup>3</sup>, at no additional cost - enroll in as many as you'd like
- Group activities and classes<sup>4</sup> 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)**



**"I use weights and cardio equipment to maintain a healthy weight, blood pressure and cholesterol. I would like to stay active well into my 80s and still play golf. Exercising well provides me with this opportunity.<sup>5</sup>"**

*– Joseph, SilverSneakers member*



Let SilverSneakers help you reach and stay at a healthy weight. Find out if you have the benefit.

***[SilverSneakers.com/StartHere](https://www.silver-sneakers.com/start-here)***



**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/healthy-weight-growth/about/index.html>
2. <https://tinyurl.com/yeddy5nx>
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.

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