Get fit your way™

Indoors · Outside · Home or On the Go · Online

Healthways SilverSneakers® Fitness program gives you options.

Work out when, where and how you want – at **no extra cost**. Check out all the ways to use this innovative program offered by Medicare health plans across the nation.

Work out indoors

- more than 11,000 fitness locations
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID card

Go outside with FLEX™

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and churches (in select states)
- online class locator and enrollment

Step it up wherever you are

- SilverSneakers Steps® for at home or on the go
- designed for your lifestyle and fitness level
- choice of general fitness, strength, walking or yoga kit

Connect online

- tools to assess your health and track your activity
- expert advice plus meal plans and healthy recipes
- support from the SilverSneakers community

To find partner health plans and fitness locations, request your SilverSneakers ID card, enroll in FLEX classes, order a Steps kit or get more details, visit **silversneakers.com** or call SilverSneakers Customer Service at **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. EST.

Sign up for SilverSneakers today!

facebook.com/silversneakers

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