



HEALTHWAYS

Contact:

Bruce Middlebrooks
External Communications
615.614.4463
bruce.middlebrooks@healthways.com

NATIONAL SILVERSNEAKERS® DAY RECOGNIZES ACTIVE OLDER ADULTS AND THE IMPORTANCE OF HEALTH AND WELL-BEING

Popular National Program Posts Record Number of Member Visits, Announces 2011 Swanson Inspiration Award Recipient

NASHVILLE, Tenn. – May 18, 2011 – Today is National SilverSneakers Day, and Healthways is celebrating by recognizing members of its SilverSneakers® Fitness Program, the nation's leading social support and exercise program designed to keep older adults healthy. The recipients of the 8th Annual Richard L. Swanson Inspiration Award will be honored as part of the festivities. The Swanson Award pays tribute to a SilverSneakers member whose healthy behavior has made a difference in his or her own life while inspiring others.

SilverSneakers has more than seven million members and 15,000 signature classes per week, with a network that provides access to more than 11,000 participating fitness and wellness facilities throughout the country. SilverSneakers recently posted a record number of fitness center visits by members, with nearly 10 million visits during the first quarter of 2011, the highest one-quarter number of visits in the 15-year history of the program.

National SilverSneakers Day and the Swanson Award announcement coincide with National Physical Fitness & Sports Month, which challenges Americans to get moving for health and to be active and fit. Participating fitness centers all over the country will recognize the day with various celebration events. Swanson Award criteria includes having the program inspire the member – or a member they know – to improve their health and well-being, helping others join or keep participating in the SilverSneakers program and/or overcoming a physical or mental health issue or the loss of a loved one.

“We received over 500 nominations for the Swanson Award this year; each of them heart-warming and inspirational in their own right,” stated Debbie James, Vice President of Healthways Fitness Market. “We are excited to honor our active members on National SilverSneakers Day, and we join all of our health plan partners and participating locations in recognizing the commitment they’ve made to physical activity and well-being. We also encourage any eligible members who are not enrolled in the program to take advantage of this great benefit.”

Healthways 2011 Richard L. Swanson Inspiration Award winners are:

National winner **Tera Winfree** of Charleston, W.Va. Tera has lived with cystic fibrosis her entire life, but still manages to lead an active lifestyle, including participating in SilverSneakers classes. However, her condition worsened several years ago, causing Tera's weight to plummet and leaving her too weak to leave her home. In 2009 she underwent a double lung transplant. Sixty days after the surgery she walked – without an oxygen tank - into the SilverSneakers class she had been part of prior to her surgery. In addition to exercising in SilverSneakers classes twice a week, she's back to competitive tennis and bicycles several miles a week.

Roger Wadley of Grove, Okla. Roger suffered a debilitating stroke in 2005 that left him partially paralyzed. Wanting his active, vibrant life back, 75-year-old Roger joined SilverSneakers. After seven months of participating in the program, he no longer needed the ankle/foot orthotic brace he'd been dependent on since his stroke; he also shed 20 pounds, lost several inches off his waist and decreased certain medications.

Sally Konopka of Kent, Wash. Sally has made strides in dealing with the rheumatoid arthritis she was stricken with in her 30s. As her illness progressed over the next three decades, Sally's joints stiffened, her hands and feet became deformed, and her muscles atrophied. Following hip replacement surgery, the 60-year-old began attending SilverSneakers classes twice a week. Healthy eating habits and her SilverSneakers exercise regimen have resulted in improved strength, energy and balance.

Thelma Brasuell of Van Buren, Ark. Thelma had hip replacement surgery at 76, and in 2010 the 94-year-old was diagnosed with symptoms of dementia. Within months of her diagnoses, she began having dizzy spells, developed high blood pressure and depression set in. Thelma started 2011 by joining SilverSneakers, and within a few short months she was walking with focus and direction on the track at the gym. She has recruited both of her sons to the program.

Including Prime Fitness, a comprehensive physical activity program for adult health plan members and employees of large companies, Healthways fitness offerings are available to more than seven million individuals at more than 14,000 participating fitness and wellness centers in all 50 states, Puerto Rico and Washington, D.C.

About Healthways

Healthways (NASDAQ: HWAY) is the leading provider of specialized, comprehensive solutions to help millions of people maintain or improve their health and well-being and, as a result, reduce overall costs. Healthways' solutions are designed to keep healthy people healthy, reduce health-related risks and optimize care for those with chronic illness. Our proven, evidence-based programs provide highly specific and personalized interventions for each individual in a population, irrespective of age or health status, and are delivered to consumers by phone, mail, Internet and face-to-face interactions, both domestically and internationally. Healthways also provides a national, fully accredited complementary and alternative Health Provider Network and a national Fitness Center Network, offering convenient access to individuals who seek health services outside of, and in conjunction with, the traditional health care system. For more information, please visit <http://www.healthways.com>.