



Touching Lives

Empowering older adults to take control of their health

Healthways SilverSneakers® Fitness Program features a unique blend of physical activity, preventive health and socially oriented programming that enables older adults to take greater control of their health. **SilverSneakers members receive:**

- **A free basic membership** at a local participating location with access to conditioning classes, exercise equipment, pool, sauna and other amenities that accompany the basic membership
- **Access to any participating location across the nation when traveling**
- **SilverSneakers classes** designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- **Health education seminars** and other events that promote the benefits of a healthy lifestyle

SilverSneakers Classes

Health Improvement

Cardiovascular endurance
Muscle strength and endurance
Flexibility
Body composition

Skills Improvement

Reaction time
Hand-eye coordination
Agility
Balance

Impact of Regular Physical Activity

Primary Prevention

Reduces the risk of:

- Heart disease
- Stroke
- Hypertension
- Type 2 diabetes
- Colon cancer
- Breast cancer
- Osteoporosis
- Falls and related injuries

Increases strength
Boosts metabolic rate
Reduces body fat percentage
Improves blood sugar tolerance
Reduces insulin resistance
Increases bone mineral density
Improves cognitive function
Assists with weight management

Secondary Prevention

Improves cardio-respiratory function
Lowers blood pressure
Reduces blood triglycerides
Increases HDL
Reduces medication dependence
Lessens depression and anxiety
Heightens thermoregulation sensitivities
Reduces morbidity and mortality
Improves weight control
Reduces joint and back pain

Tertiary Prevention

Prolongs independence
Enhances social well-being
Improves health status
Enriches quality of life

www.silversneakers.com