



## Help members stand strong and improve their balance with a fall prevention program by SilverSneakers®.

The **SilverSneakers Well-Balanced** program helps members improve strength and balance by blending exercise and education about fall risk factors and prevention strategies.

Members access eight short, beginner-friendly classes that can be done at their own pace. They are encouraged to track their progress and share their results with their provider.

### Equipment Needed



Armless chair for assessment and exercises



Optional handheld weights

### Goals of SilverSneakers Well-Balanced



To learn about fall risks



To improve balance and build confidence



To help reduce falls

Help members build confidence to keep doing what they love. [SilverSneakers.com/WellBalanced](https://www.silversneakers.com/WellBalanced)



**Always talk to your doctor before starting an exercise program.**

SilverSneakers is a registered trademark of Tivity Health, Inc. The SilverSneakers simplified flair shoe logotype is a trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved. SSFP11211\_1225