

# *Fitness*

# **Benefit**

The SilverSneakers<sup>®</sup> Exercise & Healthy Aging Program - is a way to help achieve your best health in mind, body and spirit.

**Whether you play tennis, swim laps or lift weights, SilverSneakers<sup>®</sup> has you covered. HealthTeam Advantage members have access to SilverSneakers<sup>®</sup> for FREE.**

With this benefit HealthTeam Advantage members have FREE access to:

- trained instructors for support
- classes for all levels, designed to improve energy levels, strength, balance, flexibility and endurance
- participating locations nationwide
- online fitness and nutrition tips plus daily workout videos

SilverSneakers<sup>®</sup> can help you live a healthier, more active life. You have access to certified instructors who lead specially designed group exercise classes. At fitness locations\* nationwide you can take classes plus use exercise equipment and other amenities. In addition to SilverSneakers classes offered in fitness classrooms, more than 50 SilverSneakers FLEX<sup>®</sup> options are available in settings outside traditional fitness locations. SilverSneakers BOOM<sup>™</sup> classes, MIND, MUSCLE and MOVE, offer more intense workouts inside fitness locations. SilverSneakers also includes a support network and online resources such as daily exercise videos. All you need to get started is your personal SilverSneakers ID number. Go to [SilverSneakers.com](http://SilverSneakers.com) to learn more about the benefit, or call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.

\*At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

To find out more about the SilverSneakers Program, please go to **[www.SilverSneakers.com](http://www.SilverSneakers.com)** or call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.

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