



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