**S verSneakers**® is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

## THE SILVER N AK RS X R CE

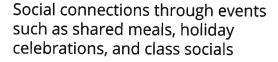
SilverSneakers is *much more* than an exercise program – it's a way for you to achieve your *best health in mind, body and spirit*.

A no-cost fitness benefit with access to 15,000+ fitness locations nationwide



SilverSneakers FLEX® classes offered outside the traditional gym setting

The ability to enroll at multiple locations at any time





Guidance from dedicated fitness staff



Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app

of participants report that they have made new discovered they could of participants say do more than they thought LET'S GET STARTED SilverSneakers.com/StartHere