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FOR IMMEDIATE RELEASE

SilverSneakers Celebrates 25 Years of Changing Lives

Program at the Forefront of the Older Adult Fitness Revolution

CHANDLER, Ariz. (April 19, 2017) - SilverSneakers®, the nation's leading community fitness program for older adults, is celebrating 25 years of improving the physical, social and mental health of millions of older Americans. For decades, the program has engaged participants in physical activity, as well as created new friendships with a welcoming member community. Throughout 2017, SilverSneakers will commemorate the silver anniversary with classes, members and partners who have made the program a success for more than two decades.

No other fitness program in the U.S. has such a rich history and experience in delivering older adult fitness. In 1992, SilverSneakers was founded by designed Mary Swanson, whose father served as the inspiration for the nationally acclaimed fitness program. Mary's father, after surviving a heart attack at age 51, pledged to improve his quality of life with regular physical activity through the first formalized exercise class specifically for older adults.

"I have had the privilege to meet with many of our members across the country, and I'm always moved by the stories they share about how SilverSneakers has changed their lives. We are excited to celebrate SilverSneakers silver anniversary and the positive difference the program makes for members, their families and the community," said Donato Tramuto, CEO of Tivity Health, parent company of SilverSneakers.

Today, more than 14 million people are eligible for the SilverSneakers benefit at no additional cost through more than 60 health plans, including the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans.

What began as a first-of-its-kind fitness class for older adults, has not only expanded nationwide, but has become a health movement that has evolved to accommodate all fitness levels and interests through thoughtfully designed programs and networks:

- SilverSneakers: Original classes including Classic, CardioFit, Circuit, Stability and Splash
- SilverSneakers BOOM®: A revolutionary fitness series designed for Baby Boomers and active older adults offering fast-paced, higher intensity group exercise classes.
- SilverSneakers FLEX™: A community fitness network with more than 70 types of unique classes taught in convenient neighborhood locations, such as churches, recreation centers, older-adult living communities, etc.

SilverSneakers is available at more than 13,000 participating gyms and fitness centers, with unrestricted access and unlimited visits to every location in the national network. The program offers specialized group class, and access to each location's basic amenities, including weights, treadmills, pools and more.

To learn more about SilverSneakers' 25th Anniversary, visit SilverSneakers25.com.

About SilverSneakers

SilverSneakers, by [Tivity Health](http://TivityHealth), is the nation's leading community fitness program for older Americans. The program was founded in 1992 and is available to more than 14.5 million Medicare beneficiaries through many Medicare Advantage plans, Medicare Supplement carriers and group retiree plans. For more information, to check eligibility or enroll, go to silversneakers.com.

About Tivity Health

Tivity Health, Inc. (NASDAQ:TVTY) is a leading provider of fitness and health improvement programs, with strong capabilities in developing and managing network solutions. Through its existing three networks, SilverSneakers® - the nation's leading fitness program for older adults, Prime® Fitness and WholeHealth Living™, Tivity Health is focused on targeted population health for those 50 and over. With more than 14.5 million Americans eligible for SilverSneakers, over 10,000 fitness centers in the Prime Fitness Network, and more than 25 years of clinical and operational expertise in managing specialty health benefits and networks, including chiropractic services, physical therapy, occupational therapy, speech therapy, acupuncture, massage and complementary and alternative medicine (CAM) services, the Company touches millions of consumers across the country and works directly with hundreds of healthcare practitioners and many of the nation's largest payers and employers. Learn more at www.tivityhealth.com.

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