



## FACT SHEET

<p><b>What is SilverSneakers?</b></p>	<p>Celebrating more than 25 years, SilverSneakers® is the nation’s leading community fitness program designed specifically for older Americans, changing thousands of lives by engaging participants in physical activity as well as creating new friendships.</p> <p>No other program has such a rich history and experience in older adult fitness. What began in 1992 as a first-of-its-kind class for older adults, has now grown and evolved to accommodate all fitness levels, including Baby Boomers.</p> <p>SilverSneakers is helping older Americans defy the odds and shatter stereotypes.</p>
<p><b>What Inspired SilverSneakers?</b></p>	<p>SilverSneakers was founded by 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. His commitment, coupled with her determination to see him succeed, laid the foundation for the exercise program that would become the nation’s leading community fitness program for older adults.</p>
<p><b>Who is Eligible for SilverSneakers?</b></p>	<p>More than 14.5 million people are eligible for the SilverSneakers benefit through more than 60 health plans that include the nation’s leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans.</p> <p>For those members, the benefit is offered at no additional cost.</p>
<p><b>Who Are SilverSneakers Members?</b></p>	<p>Members of the SilverSneakers community celebrate, support and motivate each other. While there is tremendous diversity, everyone has something in common: a commitment to improving their health. This focus has become the foundation for a community of millions.</p> <p>Most members don’t join to find friends, but friendships are what keep many coming back. More than 70% of active members say they have friends in the program or have made new friends as result of their participation, as found in the SilverSneakers Annual Participant Survey.</p>
<p><b>Where is SilverSneakers offered?</b></p>	<p>SilverSneakers makes getting fit just about excuse-proof with over 14,000 participating gyms and fitness centers, with unlimited visits to every location in the national network. The program offers access to the location’s basic amenities, including weights, treadmills, pools and other amenities are included.</p> <p>In addition, the program includes SilverSneakers FLEX, with more than 70 unique types of classes in convenient neighborhood locations, such as churches, recreation centers and older-adult living communities.</p>
<p><b>SilverSneakers Key Features and Benefits:</b></p>	<ul style="list-style-type: none"> <li>• SilverSneakers allows older adults to better manage their health and well-being, and contributes to lower health care costs.</li> <li>• SilverSneakers classes are taught by credentialed instructors that are designed for all fitness levels and created specifically for older Americans.</li> </ul>

	<ul style="list-style-type: none"> <li>• SilverSneakers has options for adults of all ages and fitness levels including the <a href="#">BOOM</a> classes, designed for Baby Boomers and active older adults with more fast-paced, higher intensity group exercise classes.</li> <li>• In addition to classic classes held in a gym facility, SilverSneakers offers instructor-led activities, such as Latin dance, tai chi and yoga, in churches, recreation centers and older-adult living communities through the <a href="#">SilverSneakers FLEX™</a> network.</li> </ul>
<b>How to Enroll:</b>	To find out if you are eligible for the SilverSneakers program, or to find a class near you, visit: <a href="#">SilverSneakers.com</a>
<b>Website:</b>	<a href="#">SilverSneakers25.com</a> <a href="#">SilverSneakers.com</a>
<b>Social Media:</b>	Facebook: <a href="#">Facebook.com/SilverSneakers</a>  Twitter: <a href="#">@SilverSneakers</a>
<b>SilverSneakers Descriptions</b>	
<b>SilverSneakers Classic Classes:</b>	<p>SilverSneakers fitness classes vary in intensity and format to help members achieve their fitness goals and realize success.</p> <ul style="list-style-type: none"> <li>• <b>Classic:</b> Move to the music through a variety of exercises designed to increase strength and range of motion.</li> <li>• <b>Circuit:</b> Enjoy a full-body circuit workout with hand-held weights, resistance tubes and a SilverSneakers ball. (A chair is used for support.)</li> <li>• <b>CardioFit:</b> Try a safe and heart-healthy aerobics class to energize your active lifestyle.</li> <li>• <b>Yoga:</b> Move through a whole-body series of seated and standing yoga poses and breathing exercises (chair used for support).</li> <li>• <b>Splash:</b> Jump in for a fun, shallow-water class that improves agility, flexibility and endurance. This is a great low-impact option.</li> <li>• <b>Stability:</b> Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting.</li> </ul>
<b>SilverSneakers BOOM® Classes:</b>	<p><b>BOOM</b> is a revolutionary new fitness series designed for Baby Boomers and active older adults. BOOM is offers fast-paced, higher intensity group exercise classes:</p> <ul style="list-style-type: none"> <li>• <b>BOOM MOVE IT:</b> a dance workout class that improves cardio endurance and burns calories.</li> <li>• <b>BOOM MUSCLE:</b> a blend of cardio- and strength-based athletic exercises.</li> <li>• <b>BOOM MIND:</b> a fusion of yoga and Pilates that focuses on stretching and core strength.</li> </ul>
<b>SilverSneakers FLEX™ Classes:</b>	<p>The SilverSneakers FLEX community fitness network offers more than 70 types of classes in convenient neighborhood locations, such as, churches, recreation centers and older-adult living communities.</p> <p>FLEX features more than 70 unique classes, like Latin dance, yoga and Latin dance, indoor and outdoor boot camp, walking groups and more.</p>