

Stay
active to
improve
your
mood

silversneakers.com



Healthways SilverSneakers® Fitness program can help

Older adults may be at greater risk for depression due to life changes such as health problems, loss of purpose due to retirement or not being able to do activities you once did, or loneliness after the loss of a spouse or other loved ones. A certain amount of grief or sadness is natural, but feeling a deep and lasting sense of hopelessness is not normal and should be treated.¹

Making lifestyle changes can help improve your mood and lessen the symptoms of depression. Among those changes are to get enough sleep and eat right, stay in contact with friends and family, and stay active. Regular exercise is one of the first things doctors suggest in treating depression.²

Researchers are not sure why, but working out can definitely help you relax and make you feel better. Continuing to exercise may also help keep depression from coming back once you feel better. Exercise probably helps ease depression in a number of ways, which may include:

- releasing feel-good brain chemicals called neurotransmitters and endorphins
- reducing immune system chemicals that can worsen depression
- increasing body temperature, which may have a calming effect³

In addition to making you feel better physically, regular exercise has many social and emotional benefits. It can help you:

- gain confidence
- take your mind off worries
- be in a better mood
- improve your outlook on life
- meet people and make new friends

Continue reading for **good news** about getting physically active.

HEALTHWAYS
SilverSneakers®
FITNESS



Get fit your way™

So you can stay active and be in a better mood, Medicare health plans across the nation offer SilverSneakers Fitness at no extra cost. SilverSneakers gives members options:

- a fitness membership with access to more than 13,000 locations, with all basic amenities plus SilverSneakers classes
- SilverSneakers FLEX™ classes in your favorite neighborhood locations
- a member website to find fitness locations and FLEX classes, access fitness articles, download recipes and meal plans, and connect with the SilverSneakers online community
- SilverSneakers Steps® with a choice of four kits (general fitness, strength, walking or yoga)

SilverSneakers may already be your benefit. Find out now to take charge of your health!

For more information, visit the SilverSneakers website or call **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. EST.

Check with your doctor before starting SilverSneakers or any exercise program.

1. <http://www.healthline.com/health/depression-elderly-its-not-sign-aging>

2. <http://www.healthline.com/health/depression/exercise#1>

3. <http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>



SilverSneakers® and SilverSneakers Steps® are registered trademarks of Healthways, Inc. © 2015 Healthways, Inc.

STARNAT_8 6.15

