

Stay active for healthy body weight

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Healthways SilverSneakers® Fitness program can help

There is no magic trick to maintaining a healthy body weight: Balance the calories you eat with the calories you burn. The *Dietary Guidelines for Americans*¹ from the U.S. Department of Agriculture and the U.S. Department of Health and Humana Service (health.gov/dietaryguidelines) recommends getting only enough calories from foods and beverages to meet your needs and being physically active. Listed below are some of the recommended guidelines.

Foods and nutrients to increase

- Eat more vegetables and fruits.
- Vary your vegetables to include dark-green and red and orange vegetables, and beans and peas.
- Make at least half of all grains whole grains and avoid refined grains.
- Increase fat-free or low-fat milk and milk products such as yogurt, cheese or fortified soy beverages.
- Choose a variety of protein foods: seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.
- Replace solid fats with oils where possible.
- Choose foods with more potassium, dietary fiber, calcium and vitamin D.

Physical activity guidelines

- To achieve and maintain a healthy body weight, do the equivalent of 150 minutes of moderate intensity aerobic activity each week.
- For additional and more extensive health benefits, increase your aerobic physical activity to 300 minutes (five hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity.
- Include muscle-strengthening activities that involve all major muscle groups on two or more days a week.

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

Get fit your way™

So you can stay active and help manage your weight, 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.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> (next update 2015)



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