

Stay active for healthy blood pressure

silversneakers.com



Healthways SilverSneakers® Fitness program can help

About 1 in 3 U.S. adults – an estimated 70 million – have hypertension, or high blood pressure, which increases the risk for heart disease and stroke, leading causes of death in the United States. High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and people don’t realize they have it. That’s why it’s important to get your blood pressure checked regularly.¹ (Visit the Centers for Disease Control and Prevention’s website for information on healthy blood pressure levels.²)

High blood pressure is preventable and treatable by following your doctor’s recommendations and practicing a healthy lifestyle, no matter your age. You can help keep your blood pressure at a healthy level by:

- eating a healthy, low-salt diet
- not smoking
- limiting alcohol use
- having your blood pressure checked regularly
- taking medications as prescribed by your doctor
- getting enough physical exercise³

Regular exercise is important in managing your blood pressure because it can help you:

- maintain a healthy body weight
- decrease anxiety
- manage stress and reduce tension
- reduce fatigue

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



Get fit your way™

So you can stay active to help you have healthy blood pressure, 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. cdc.gov/bloodpressure/index.htm
2. cdc.gov/bloodpressure/measure.htm
3. cdc.gov/bloodpressure/healthy_living.htm



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