

Stay active to prevent or control type 2 diabetes

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Healthways SilverSneakers® Fitness program can help

More than 11.8 million Americans over age 65¹ live with diabetes (diagnosed and undiagnosed), a disease in which blood glucose levels are above normal due to the pancreas not making enough insulin or the body not using its own insulin as well as it should, causing sugar to build up in the blood. People with diabetes may be at risk for health complications such as heart disease and stroke, high blood pressure, blindness, kidney disease and nervous system disease (neuropathy).

As well, half of all Americans 65 and older have prediabetes, in which blood sugar level is higher than normal but not high enough yet for a diabetes diagnosis. Without lifestyle changes to improve their health, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.²

You may be at risk for prediabetes and type 2 diabetes if you:

- are 45 years old or older
- have immediate family (parent, sister or brother) with diabetes
- have a family background that is African-American, Hispanic/Latino, American Indian, Asian-American, or Pacific Islander
- are overweight
- are physically active for less than three times a week

While you have no control over age or family background, a healthy lifestyle that includes a healthy diet and exercise can help lower your risk. Regular exercise can help you:

- lose weight
- strengthen your heart and improve blood circulation
- lower your blood glucose, blood pressure and cholesterol
- increase your energy level
- sleep better and relieve stress

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



Get fit your way™

So you can stay active and help prevent or control diabetes, 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.diabetes.org/diabetes-basics/statistics/>
2. <http://www.cdc.gov/features/diabetesprevention/>



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