

Stay active for a healthy heart

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Healthways SilverSneakers® Fitness program can help

While heart disease is the leading cause of death in the United States,¹ you can greatly reduce your risk through lifestyle changes and, in some cases, medication.

Changes that can help you achieve a healthy lifestyle and reduce your risk of heart disease are to:

- eat a healthy diet
- maintain a healthy weight
- avoid smoking
- limit alcohol use
- exercise regularly²

Your heart is a muscle, and it responds to exercise as other muscles do: It gets stronger and healthier. When you exercise your heart, it can pump more blood through your body and keep working with little strain. That means it is likely to stay healthy longer.

Having a healthy heart that pumps more blood through your body also helps your arteries and other blood vessels stay flexible, helping to ensure good blood flow and normal blood pressure.

Most people find that in addition to improving symptoms of heart disease, exercise also reduces stress and boosts energy. Regular exercise may also lead to weight loss and lower cholesterol levels.

The American Heart Association (AHA) notes that the more you exercise, the lower your risk. Specifically, the AHA recommends:

- at least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes *or*
- at least 25 minutes of vigorous aerobic activity at least three days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity *and*
- moderate- to high-intensity muscle-strengthening activity at least two days per week for additional health benefits³

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



HEALTHWAYS
SilverSneakers®
FITNESS



Get fit your way™

So you can stay active and help prevent heart disease, 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. Centers for Disease Control and Prevention, <http://www.cdc.gov/heartdisease/statistics.htm>
2. Centers for Disease Control and Prevention, "Prevention: What You Can Do," http://www.cdc.gov/HeartDisease/what_you_can_do.htm
3. http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp



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