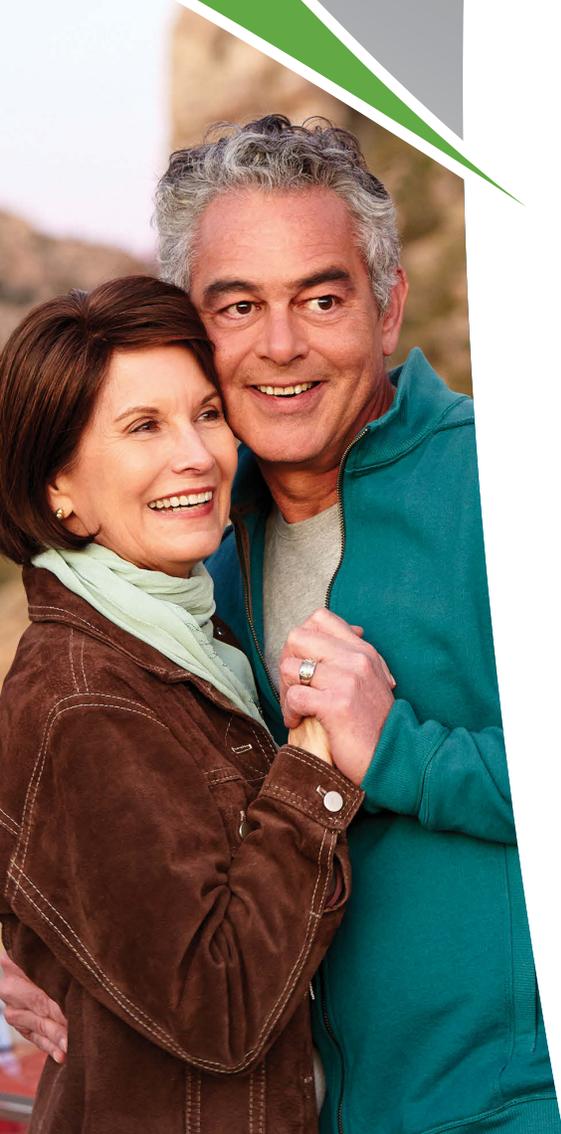


Stay active to prevent falls

silversneakers.com



Healthways SilverSneakers® Fitness program can help

Each year, more than one-third of adults 65 and older in the United States fall. Of those falls, more than 20 percent result in moderate to severe injuries such as joint problems, bone fractures and brain trauma.¹ In many cases, those who have experienced a fall have a hard time recovering and their overall health declines.²

There are things you can do to help prevent falls.

- Have your doctor review all your medicines. Some medicines or combinations of medicines – even over-the-counter ones – may cause dizziness or otherwise affect your balance. Your doctor can help identify any problems with medicines you take.
- Have your vision checked and update your eyeglasses if needed. It's important to be able to see where you walk to avoid any possible tripping hazards.
- Make your home safer. Proper lighting, secured rugs, handrails on stairways, and lack of clutter are some of the ways to ensure your home is safe.
- Exercise to improve your balance and strength.³

Stronger muscles and better balance are important in helping prevent falls and related injuries. You also benefit from exercise because:

- It can decrease the need for medications that might affect your balance.
- It can make your bones stronger, so if you should fall your bones would be less likely to break or heal faster if you did suffer a fracture.
- It can help you to be more confident. Often older adults who have fallen become less active for fear of falling again. The best strategy to avoid falling again is to keep exercising to stay in shape.

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

Get fit your way™

So you can stay active and help prevent falls, 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.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

2. <http://stopfalls.org/what-is-fall-prevention/fp-basics/>

3. <http://www.cdc.gov/homeandrecrentialsafety/pdf/falls/WhatYouCanDoToPreventFalls8.5x11.pdf>



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