

Stay active for strong bones

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Healthways SilverSneakers® Fitness program can help

Osteoporosis, which means “porous bones,” is a disease in which bones – typically the hip, spine or wrist – become less dense and more likely to break. Millions of Americans have osteoporosis – mostly women, but men can also have porous bones.

Your risk of having osteoporosis grows as you get older. At the time of menopause, women may lose bone quickly for several years. After that, the loss slows down but continues. In men, the loss of bone mass is slower. But by age 65 or 70, men and women are losing bone at the same rate.¹

Bone loss is not inevitable, though. You can lower your risk of osteoporosis by:

- getting enough calcium and vitamin D
- avoiding smoking
- having a bone density test and following your doctor’s advice on possible treatments
- exercising regularly

Bone is living tissue that responds to exercise by becoming stronger. You know that your muscles get bigger and stronger when you use them. Bones are similar. They get stronger and denser when you make them work.²

Weight-bearing exercises are important in helping to have strong bones. Some examples of weight-bearing exercises are:

- walking, jogging or running
- tennis or racquetball
- stair climbing
- dancing
- hiking
- lifting weights

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

HEALTHWAYS
SilverSneakers®
FITNESS



Get fit your way™

So you can stay active and help prevent osteoporosis, 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.nia.nih.gov/health/publication/osteoporosis-bone-thief>
2. <http://www.nof.org/aboutosteoporosis/prevention/exercise>



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