

# Stay active to continue your journey to fitness

[silversneakers.com](http://silversneakers.com)

## Healthways SilverSneakers® Fitness program can help

You've just ended physical therapy, which your doctor had recommended to help you get back on track.

**Doctors recommend physical therapy for a number of reasons. Perhaps you needed therapy because you:**

- had a joint replacement or other surgery
- are recovering from a stroke or heart attack
- are healing from a broken bone

No matter why you needed physical therapy, it's important to keep up the good work so you continue to get better. As long as you've cleared it with your doctor, be as active as you can and work out at your own pace.

**Your recovery will be unique. Here are some tips for getting a good workout to help you along the road to fitness.**

- Choose the level and variety of activities that will be best for your specific recovery.
- Use equipment, pools or other fitness tools that will offer resistance yet be gentle enough so you don't overdo it.
- Take fitness classes that are low-impact and designed to help you be stronger and have better balance.
  - ✓ Pool-based exercises, as offered in SilverSneakers Splash classes, are gentle on the joints.
  - ✓ SilverSneakers Yoga is good for helping you be flexible.

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



## Get fit your way™

So you can stay active and continue to feel better, 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.



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