

Your Health

Older Adults Turn To Fitness For Optimal Health And Prove Youth Is A State Of Mind

(NAPSA)—For older adults, regular physical activity is an essential part of maintaining overall health and well-being. Exercise allows them to continue normal daily activities and live their best lives throughout retirement years. And for millions of older Americans—like Ruby Dailey, Robert Groh and Willie Washington—this path to improved well-being starts with SilverSneakers Fitness.

As revealed through the program's 2015 Annual Participation Survey, staying active is the pathway to reaching wellness goals, including high levels of energy and mental balance. More than 27,000 members responded, providing interesting insights into how fitness routines evolve as we age, including:

- 90 percent say they have a lot of energy some to all of the time—like Ruby Dailey from Nederland, Texas. Since starting her fitness regimen, she has lost a total of 101 pounds and 74 inches. Dailey attends classes six days a week, takes 10,000 steps per day, and recently participated in a half marathon as well as a 5K race.

- 84 percent of active adults do aerobic activity three or more times a week—like Robert Groh of Toledo, Ohio. Groh visits the gym an average of four times a week, and his active lifestyle helped his muscles become more flexible, decreased his backaches and pains, and kept him at a healthy weight. Groh even competes in the Senior Olympics offered in his area every May.

- 49 percent state the desire to spend time with other SilverSneakers members motivated them to exercise—like Willie Washington of Dallas, Texas. When Hurricane Katrina forced



You can get out, get fit, get to meet people and get set for a better future with regular exercise at just about any age.

Washington and his wife to relocate, joining his local gym not only served as a way to get active, but a way to meet new people.

If you don't already have a fitness regimen, getting started is easier than you may think. Always check with your doctor first, then seek out an exercise routine that matches your fitness level—whether that is walking around your neighborhood, weight training at a fitness facility or participating in a group exercise class.

Designed specifically for active older Americans, SilverSneakers offers a variety of fitness offerings that accommodate all fitness levels and preferences, as well as invaluable social interactions. More than 13 million people are eligible for the SilverSneakers Fitness benefit at no cost through leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. To see if you are eligible or to find a class in your area, visit www.SilverSneakers.com.