

# Fitness Facts

## Choose Fitness When You Choose Your Health Plan

(NAPSA)—With Medicare open enrollment under way, individuals are evaluating their health plan options to ensure they meet their needs in the coming year. And, for many, their health plan holds the key to fulfilling their fitness needs as well.

For many baby boomers, fitness is a top priority in retirement, to help reach health goals and live their best life. Whether exercising to prepare for an upcoming international vacation, carry golf clubs on the course, run a marathon or play with grandchildren, it has never been more important for older Americans to be healthy.

That is why SilverSneakers' Fitness, the nation's leading exercise program for older Americans, partners with more than 70 health plans nationwide to offer fitness benefits at no additional charge. More than 13 million people are eligible for the SilverSneakers benefit through many Medicare Supplement, Medicare Advantage and group retiree plans.

SilverSneakers has changed thousands of lives by engaging participants in fitness. Through a variety of offerings and classes that accommodate all fitness levels and preferences, SilverSneakers helps older adults maximize their health. Members can take advantage of SilverSneakers FLEX<sup>™</sup>, which offers more than 70 types of classes in neighborhood locations, as well as BOOM, a new, fast-paced and higher-intensity fitness series designed for baby boomers.



**As people age, fitness becomes more important than ever, so they can stay vital and independent.**

Additionally, SilverSneakers members have access to more than 13,000 fitness and wellness facilities nationwide, offering all the standard amenities included in a basic fitness membership, often including access to exercise equipment, pool, sauna and more.

With Medicare open enrollment upon us, now is the time for individuals to check their health plan to see if they have the SilverSneakers Fitness benefit and make a switch to meet their needs. Not only does SilverSneakers support members' health, it could also save them money if they are currently paying for a gym membership.

SilverSneakers is simple to access and easy to use. Visit [www.SilverSneakers.com](http://www.SilverSneakers.com) to find out if you are eligible, find a class, print a membership card or select a nearby participating location.