

# Your Health

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## Staying Fit After 50—In The New Year And Beyond

(NAPSA)—Two years ago, 66-year-old Barbara Scott weighed 208 pounds and wasn't happy with not only her appearance but her health. After giving up on other weight loss methods, Scott decided to customize her approach.

First, she began tracking her caloric intake every day; then, she layered on a fitness plan. She enrolled in the nation's leading fitness program designed for older Americans and started a five-day-a-week exercise regimen.

"I've lost 65 pounds and dramatically improved my overall health, well-being and quality of life," said Scott. "I truly believe I've added years to my life expectancy and I look forward to exercising until my 90s!"

If losing weight or simply getting more active is something you've been thinking about, the New Year is a great opportunity to start anew. To avoid resolution pitfalls and find long-term success like Scott, put a plan in place following the guide below.

### 1. Be Honest and Realistic.

If you want to ensure lasting change, you must first assess your current fitness level and then implement reasonable goals to guide you on your way.

**2. Be You.** Whether a yogi, marathon runner or someone stepping into the gym for the first time, start with a fitness routine that works for you. SilverSneakers offers many different fitness options that help older Americans stay active and live their best life.

**3. Find the Fun.** Choosing activities that capture your attention is the fuel to keep you motivated. SilverSneakers' varied offer-



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**Proper planning and the right attitude can help you get and stay fit at any age.**

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ings allow you to tailor the program to your interests, whether that be a group fitness class, tennis, yoga or weight training.

**4. Stick With It.** You will inevitably hit bumps in the road when starting a new routine, but be persistent! Seek new friendships on your path to well-being—peers that will celebrate your successes and provide encouragement when you need it most.

"SilverSneakers Fitness has changed thousands of lives by engaging participants in physical activity, as well as creating more social connections and friendships," says Joy Powell, Chief Operating Officer Network Solutions, Healthways. "Members like Barbara Scott are the perfect example of how the program helps members maintain their lifestyle and realize overall well-being during retirement years."

More than 12 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 nearby, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).