



# Empowering You in **Living Boldly™**

The Silver&Fit® Healthy Aging and Exercise program supports every unique member.



## National Network of Fitness Centers

Access to a network of participating fitness centers or select YMCAs. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.<sup>1</sup>



## Workout Plans

Answer a few online questions to get a custom exercise plan that focuses on goals like getting stronger, staying fit during recovery, and chronic condition management.<sup>3</sup>



## Home Fitness Kits

Pick one kit per benefit year from the available options.<sup>2</sup>



## Well-Being Club

Learn new skills and focus on well-being with live virtual classes and events, opportunities to connect in-person, and exclusive articles and videos.



## Well-Being Coaching

Get support in areas like fitness, healthy eating, stress, sleep, and weight loss while taking GLP-1 or anti-obesity medications. Trained coaches are available by phone, video, or chat.<sup>3</sup>



## FitnessCoach™ Virtual Personal Training

Challenge yourself through live virtual sessions with a certified personal trainer.<sup>4</sup>



## On-Demand Workout Videos

Visit the Silver&Fit website to find workout videos for all fitness levels.

**Go to [SilverandFit.com](https://SilverandFit.com) to get started today!** For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

<sup>1</sup>Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

<sup>2</sup>Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged**. Kits are based on availability and subject to change.

<sup>3</sup>The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

<sup>4</sup>Fees and limitations apply.

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