



# ***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.<sup>1</sup>



## **On-Demand Workout Videos**

Visit the Silver&Fit website to find workout videos tailored to older adults and designed for all fitness levels.



## **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.



## **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.

**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, 6 a.m. to 7 p.m. Mountain time.

<sup>1</sup>Fitness center participation may vary by location and is subject to change.

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