

# Get fit your way™



## Your SilverSneakers membership

Work out **when, where and how** you want with the nation's leading exercise program for active older adults. As a Trust Medical Plan Member, you will join more than 2 million SilverSneakers members who are enjoying the health benefits of physical activity.

 Work out at the fitness location

 Get fit in your community

 Step it up from home

 Connect online

## Contact us

- Live phone support Monday through Friday (1-888-423-4632) (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. EST.
- Onsite Program Advisors™ for support and motivation



## Starting a fitness program

Participating in Healthways SilverSneakers® Fitness programs are an effective way to make new friends, stay active and get fit.

### 4 simple tips to start a successful routine

- 1 Pace yourself.** Work hard enough to make your heart stronger without overexerting. Keep your heart rate in a comfortable intensity zone.
- 2 Slow down or rest when necessary.** It's okay if you find it difficult to keep going for the entire class. You will get stronger by continuing to exercise. Keep in mind, **SilverSneakers classes offer a chair for seated or standing support.**
- 3 Listen to your body.** You can expect occasional minor soreness after exercising. It's a positive sign you are using your muscles! Don't worry if you are unable to keep up with other members. The important thing is to keep going and enjoy.
- 4 Warm up and cool down.** A warm-up gradually prepares your muscles and joints for exercise. When you finish your workout, your body needs a chance to cool down slowly. This means you should slow your heart rate gently. Do not stop abruptly by standing still, sitting or lying down.

“ I am somewhat disabled and participate regularly in the SilverSneakers Splash and SilverSneakers Classic classes. I always feel better and can walk better by the time I walk out of class. The instructors are knowledgeable and guide us to do the exercises without injury.”

– SilverSneakers member

## At the fitness location

### Getting started with SilverSneakers

Simply take your SilverSneakers Member ID card to a SilverSneakers fitness location. No SilverSneakers card? Bring your Trust Medical Plan ID card with you to tour the location and to see all the amenities you'll enjoy as a SilverSneakers member.

SilverSneakers gives you access to more than 12,000 locations nationwide (including women-only locations) where you can use equipment, take group exercise classes and enjoy fun social activities.

### SilverSneakers classes

**Classic:** is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

**Circuit:** offers safe and effective aerobic activity plus upper-body strength-work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

**CardioFit:** this low-impact aerobics class is safe, heart-healthy and gentle on the joints. It includes easy-to-follow aerobic movement, upper-body strength work, abdominal conditioning, stretching and relaxation exercises.

**Yoga:** offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity.

**Splash:** the SilverSneakers water exercise class, is a fun, refreshing, non-impact workout using a SilverSneakers kickboard for stability and balance. You don't need to know how to swim.

## In your community

Designed for members just like you, **SilverSneakers FLEX™** brings fitness straight to your neighborhood by offering classes and activities at local parks, recreation centers and older-adult living communities.

FLEX classes are the perfect mix of variety and convenience. Lower-impact classes including yoga and Aqua Fit offer a gentle way to strengthen muscles and increase flexibility, while Latin-style dance and SilverSneakers Classic offer more cardio-based workouts.

### FLEX locations can include:

- Adult living communities
- Recreation centers
- Parks
- Apartment complexes
- Shopping centers

### Getting started with FLEX

Join a class near you – there's no cost for SilverSneakers members! Visit [silversneakers.com/flex](https://silversneakers.com/flex) to browse the class schedule and register.

“The FLEX program has made a significant impact on my life both physically and mentally. I enjoy the physical challenge and resulting benefits of strength training, cardio, balance, etc. Mentally, I feel more alert and have gained more self-esteem.”

– **Linda M., FLEX participant**

## At home or on the go

SilverSneakers Steps® can help you get the activity you need to maintain good health and gain balance and muscle strength **even if you can't get to a fitness location**. Best of all, you can do the Steps program anywhere – even on vacation! SilverSneakers offers a Steps kit\* to match your fitness needs.

### Order your kit online or by phone, and choose one of the following:

- SilverSneakers General Fitness kit
- SilverSneakers Walking kit
- SilverSneakers Strength kit
- SilverSneakers Yoga kit

### Getting started with Steps

#### Register online for your Steps kit today!

1. At [silversneakers.com](https://silversneakers.com), click on the orange “SilverSneakers Member Login” button in the top right corner.
2. Click the “Create your account” tab, fill in the necessary information, and click the orange “Create Account” button.
3. Click the “My Profile” link in the upper right corner of your screen.
4. Click the “Steps Kit Ordering” link in the middle of the page. Then click the orange “Order now” button and select your kit.

To learn more about the Steps kits, visit the SilverSneakers website or call **1-866-757-9255** (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. EST.

\*Contents of kit may vary or change without notice.

## Online

SilverSneakers offers a comprehensive, easy-to-use online wellness resource at [silversneakers.com](http://silversneakers.com).

### Members can access this site to find health improvement tools including the following:

- Find participating locations
- Order replacement membership cards
- Browse the FLEX class locations and schedules
- Learn more about SilverSneakers Steps and order a kit
- Watch video testimonials from members like you
- Read Frequently Asked Questions
- Join our online community

“I wanted to shape up and get healthy. Now I walk more than 11,000 steps per day and do a mile or better on the treadmill. My next goal is to increase my workouts, join more classes, and, of course, have fun!”

– **John L., SilverSneakers member**

## Contact us

**Live phone support:** Monday through Friday (1-888-423-4632) (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. EST.

**Onsite Program Advisors™:** for support and motivation. Trained fitness location staff are available in every participating fitness location during peak hours as determined by each location to answer your questions and to provide support.

“I joined SilverSneakers to maintain my physical and mental health as I grow older. I have been able to maintain my weight and therefore continue to be active and enjoy my retirement.”

– **James G., SilverSneakers member**