

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



### National Network of Fitness Centers

Access thousands of participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.\*



### **Workout Plans**

Answer a few online questions about your fitness level and goals to get a custom exercise plan.



### **Home Fitness Kits**

Pick one kit per benefit year from 11 options.\*\*



## **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.



### **On-Demand Workout Videos**

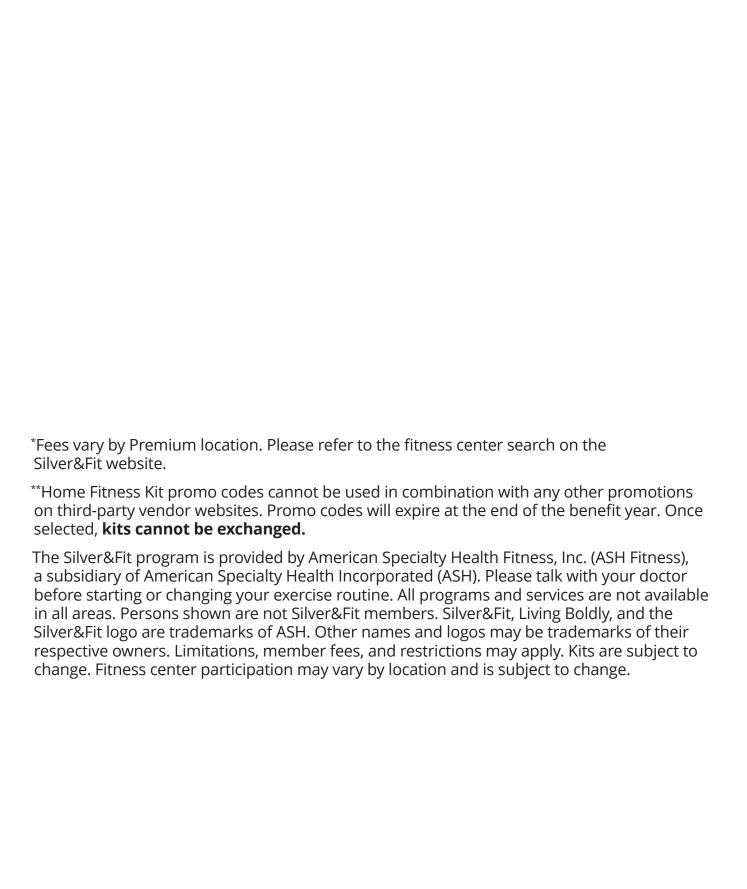
Visit the Silver&Fit website to find workout videos for all fitness levels.



# **Well-Being Coaching**

Get support with your goals during scheduled phone, video, or chat sessions with a trained coach.

**Go to SilverandFit.com to get started today!** For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.



M950-712K-MTA Program Flier 07/24 © 2024 American Specialty Health Incorporated.

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