

Enjoy the benefits of SilverSneakers

As a **Trust Medical Plan Member**, get ready to join millions of members who are living healthy and active lives with their SilverSneakers® fitness benefit. Whether you regularly exercise or are looking to add more exercise to your life currently, SilverSneakers has something healthy and fun that's right for you:



Support and encouragement

Specialized instructors
Online articles and tips



Convenient exercise options

Enroll at multiple locations
Access to classes, equipment and amenities



FLEX classes

Enjoy indoor and outdoor social activities
Try exclusive classes held outside of the gym

*"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., Insurance Trust for Delta Retirees and SilverSneakers Member

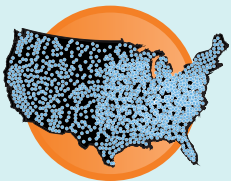
Find a SilverSneakers location near you at silversneakers.com.

See reverse to find out more.

Get started - 5 quick tips

- 1 Find a workout you enjoy.** SilverSneakers gives you access to equipment, pools and group exercise classes at no extra cost. Try different workouts to see what you enjoy.
- 2 Pace yourself.** Work hard enough to make your heart stronger without over-doing it.
- 3 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.
- 4 Listen to your body.** You can expect occasional minor soreness after exercising. It's a positive sign you are using your muscles!
- 5 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.

If you have additional questions about exercise, feel free to call 1-888-423-4632 or ask a staff member at your SilverSneakers location.



Remember, you can enroll at multiple locations at any time!

Participating locations include:

- Curves
- 24 Hour Fitness
- LA Fitness and more!



CONTACT US

Visit [silversneakers.com](https://www.silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

Work out indoors

SilverSneakers gives you access to equipment, group classes (listed below) and pools at more than 13,000 locations nationwide. Enroll in as many locations as you like, at any time!



SilverSneakers classes

- Classic
- Yoga
- Circuit
- Splash
- CardioFit

Get started at [silversneakers.com](https://www.silversneakers.com).

Try FLEX classes

SilverSneakers FLEX® brings fitness **directly to your neighborhood** by offering classes and activities at local parks, recreation centers and adult-living communities. Make friends at a variety of classes, including yoga, boot camp, Latin-style dance, tai chi and pool-based classes.



View the schedule at [silversneakers.com/flex](https://www.silversneakers.com/flex).

Get active from home

An at-home kit is offered to members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound. Choose between the Walking Kit, Strength Kit, Yoga Kit or Stress Relief Kit.



Order a Steps Kit by calling 1-888-423-4632.