

# START IMPROVING YOUR HEALTH

As a **Trust Medical Plan Member**, get ready to join millions of members who are living healthy and active lives with their SilverSneakers® 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 convenient SilverSneakers location at [SilverSneakers.com/Locations](https://www.silversneakers.com/locations)

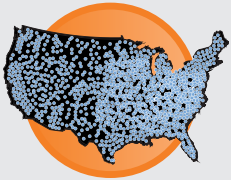


See reverse to find out more.

## 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 ask your Program Advisor® or 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!



## Work out indoors

SilverSneakers gives you access to equipment, group classes (listed below) and pools at more than 15,000 locations nationwide. Enroll in as many locations as you like, at any time!



### SilverSneakers classes

- Classic
- Circuit
- Yoga
- Splash
- SilverSneakers Stability®

### SilverSneakers BOOM™

- MIND
- MUSCLE
- MOVE

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.

Find locations at [SilverSneakers.com/Flex](https://www.silversneakers.com/flex)



### 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.



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