



Something for Everyone®

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

Enjoy all of the following, anytime, anywhere, at no cost to you:



On-Demand Workout Videos

Go to **www.SilverandFit.com** or download the ASHConnect™ mobile app to find workout videos for all fitness levels.



Healthy Aging Coaching

A certified health coach will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions.



Workout Plans

Answer a few online questions about your fitness level and goals to get workouts to help you start an exercise routine.



Well-Being Club

Learn new skills and focus on well-being by:

- Connecting with others
- Enjoying live-streaming classes and events on the Silver&Fit website
- Viewing exclusive articles and videos



Standard Fitness Network Choices

Join one of thousands of participating fitness centers or select YMCAs, many with exercise classes for older adults.



Home Fitness Kits

Pick your favorite kit (one per benefit year):*

- Fitbit® or Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit

Go to **www.SilverandFit.com** to get started today! For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged.**

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