

# Something for Everyone<sup>®</sup>



The Silver&Fit<sup>®</sup> Healthy Aging and Exercise program is designed to support every unique member.

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



### 8,000+ Digital Workout Videos

Go to [www.SilverandFit.com](http://www.SilverandFit.com) or download the Silver&Fit mobile app to view workout videos, perfect for all fitness levels.



### Healthy Aging Coaching

Coaches will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone sessions.



### Get Started Program

Answer a few online questions about your fitness level and goals to receive a personal exercise plan, including suggested workout videos.



### Home Fitness Kits

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

- Fitbit<sup>®</sup> Wearable Fitness Tracker Kit
- Garmin<sup>®</sup> Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit



### Standard Fitness Network Choices

Work out at one of 16,500+ participating fitness centers or select YMCAs, many with exercise classes for older adults.

Go to [www.SilverandFit.com](http://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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