



# STAY ACTIVE AT HOME

SilverSneakers goes digital to help you keep up your fitness routine

Exercise is a key part of maintaining a healthy lifestyle and can support a healthy immune system.<sup>1</sup> You can use your SilverSneakers® benefit to stay active without leaving home.



## SilverSneakers at your fingertips

With SilverSneakers GO™, you can access on-demand videos and live classes right from the app.



## Videos when and where you want

Check out hundreds of online workout videos with SilverSneakers On-Demand™. Videos range from easy, low-impact exercises to cardio workouts. Log in at [SilverSneakers.com](https://www.silversneakers.com) to get started.



## Live classes and workshops

Feel like you're at class, without leaving home. Enjoy full-length live classes and workshops.

- A SilverSneakers instructor leads each class and workshop. Multiple classes are offered per day.
- To bring SilverSneakers LIVE to you, we use Zoom<sup>2</sup>, a reliable video conference tool. We'll show you how to get started.
- Your "visits" count toward Tuition Rewards® Points. Don't miss out.

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

or scan the QR code



**Always talk with your doctor before starting an exercise program.**

1. <https://www.ncbi.nlm.nih.gov/pubmed/29713319>

2. Zoom is a third-party provider and is not owned or operated by Tivity Health or its affiliates. SilverSneakers members who access SilverSneakers Live classes are subject to Zoom's terms and conditions. SilverSneakers member must have Internet service to access SilverSneakers LIVE classes. Internet service charges are responsibility of SilverSneakers member.

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