



# YOU'RE FREE TO MOVE

As restrictions begin to lift, your health remains our priority. Movement and exercise are essential to your health, and SilverSneakers supports you in any way you decide to move.

## SilverSneakers includes ...

- Live classes and workshops
- 200+ workout videos
- Mobile app with digital workout programs
- Thousands of locations<sup>1</sup>

In addition to visiting physical locations, you can create an online account to enjoy classes and workshops through **SilverSneakers LIVE**, plus watch hundreds of workout videos through **SilverSneakers On-Demand™**.

UNLOCK YOUR FULL  
SILVERSNEAKERS BENEFITS.

Create an account at  
[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)



## RETURNING TO THE GYM?

- Call or check your fitness location's<sup>1</sup> website to see if they've implemented any new guidelines.
- Ask if there are limited hours or special times for older adults.
- Prepare yourself for a new experience. Equipment may have moved and class schedules<sup>2</sup> may have changed.

Learn more at  
[go.silversneakers.com/  
free-to-move](https://www.silversneakers.com/free-to-move)



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

1. Participating locations (“PL”) not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

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