

Something for Everyone[®]

With the Silver&Fit[®] Healthy Aging and Exercise program, eligible members can enjoy:

Fitness Network Choices

Standard: You can access thousands of participating fitness centers or select YMCAs, at no cost to you. Many have exercise classes for older adults.

Premium: You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a fee.*

FitnessCoachTM Virtual Personal Training

You can challenge yourself with up to 8 live virtual sessions per benefit year with a participating certified personal trainer for a \$30 per session fee.

Fitness Tracking

You can sync your wearable fitness tracker or mobile app to the Silver&Fit Connected!TM tool to track your activity and earn rewards like hats and pins, at no cost to you.**



On-Demand Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at SilverandFit.com, at no cost to you.



Workout Plans

By answering a few online questions about your fitness level and goals, you can get a custom exercise plan, at no cost to you.



Well-Being Club

You can learn new skills and focus on your well-being by connecting with others, joining live virtual classes and events, and viewing exclusive articles and videos, at no cost to you.



Well-Being Coaching

You can work toward your goals during scheduled phone, video, or chat sessions with a trained coach, at no cost to you.

Go to SilverandFit.com or call the Silver&Fit program toll-free at 1-888-797-8086 (TTY: 711) for more information and to find participating fitness facilities in your area.

You can also get **Fit at Home™** with Facebook Live and YouTube workouts, available to the public at no cost. See the full class schedule at SilverandFit.com/Workouts.



*Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

**Rewards are subject to change. Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Silver&Fit program. Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program.

The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Something for Everyone, FitnessCoach, Silver&Fit Connected!, Fit at Home, and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Fitness center participation may vary by location and is subject to change.

American Specialty Health is a separate company that provides discount wellness programs.

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