



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 locations¹

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's¹ 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 schedules² 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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With SilverSneakers, You're Free to Move

As restrictions that kept us in our homes are lifting, your health and safety remain our top priority. Movement and physical activity are essential to your health, and SilverSneakers and <Health Plan> support you in any way you decide to move. Whether that means returning to your fitness location, enjoying a SilverSneakers Live class virtually from home or taking a walk around the neighborhood.

When the time is right, here are some tips as you prepare to return to a participating fitness location:

Before your visit

- Call or check your fitness location's¹ 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 schedules² may have changed.

During your visit

- Follow all recommended guidelines.
- Use touchless check-in options when available.
- Wipe down equipment with disinfectant before and after use.
- Enjoy your workout!

Tips to prevent illness³

- Wash your hands often with soap and water.
- Avoid close contact with those who are sick and put distance between yourself and other people outside your home.
- Clean and disinfect frequently touched surfaces daily.

[Click here for the latest information from the CDC.](#)

Reminders

- ✓ Follow your state and local government guidelines and mandates.
- ✓ Visit the gym when you feel ready and remember to keep movement (in any form) a part of your daily routine.
- ✓ Call before your first visit to hear about hours, amenities and safety precautions.

Click here for your complete guide to returning to the gym

Link: <https://go.silversneakers.com/free-to-move>

At-home fitness options

If you prefer virtual fitness options, SilverSneakers is here for you. In addition to visiting physical locations, you can also create an online account to enjoy SilverSneakers On-Demand™ videos, plus classes and workshops through SilverSneakers Live.

With SilverSneakers, you're free to move with more options than ever. Now is the time to stay active while staying safe.

Quick links

[Find a Location](#) – Interactive location map

[SilverSneakers Live](#) – Live classes & workshops

[SilverSneakers On-Demand](#) – 200+ video library

[SilverSneakers GO™ Mobile App](#) – Workout programs & scheduler

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3. Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

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