

Get Active To Protect Your Brain As You Age

June is Alzheimer's and Brain Awareness Month. Today, nearly 6 million Americans over the age of 65 are living with Alzheimer's disease and related dementias. While there is not yet a cure, research has provided hope. Studies show that a healthy lifestyle may help lower the risk of dementia and the development of Alzheimer's disease.¹

Basically, what's good for your body is good for your brain. Healthy behaviors – like regular exercise and good nutrition – have been shown to prevent cancer, diabetes and heart disease, and may also reduce the risk for cognitive decline.¹ SilverSneakers® can help you get started.

Ways to help your brain stay healthy:²

- **Stay active.** Physical activity – like brisk walking or aerobics -- may help improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan an activity.
- **Eat a healthy diet.** Fruits, vegetables, whole grains, fish, and other seafood may help lower high blood pressure, a risk factor for Alzheimer's disease.
- **Exercise your brain.** Reading or playing games are activities that may help lower the risk of Alzheimer's-related cognitive impairment and dementia.

SilverSneakers is a lifestyle and fitness program designed specifically for seniors, and is included with your Care N' Care (HMO/PPO) plan at no additional cost. Learn more about Alzheimer's and additional ways to slow cognitive decline in this article from [SilverSneakers: Your Top Questions About Alzheimer's, Answered, https://www.silversneakers.com/blog/your-top-questions-about-alzheimers-answered/](https://www.silversneakers.com/blog/your-top-questions-about-alzheimers-answered/).

SilverSneakers is more than a fitness program – it's a way of life. It may help you keep your brain healthy and your memory sharp. With SilverSneakers, you get access to:

- memberships to thousands of fitness locations,³ (we encourage you to visit as many as you'd like)

- group exercise classes⁴ designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- [SilverSneakers LIVE](#) full-length classes and workshops (exercise with others, but from the comfort of home)
- [SilverSneakers On-Demand, https://www.silversneakers.com/learn/ondemand/](https://www.silversneakers.com/learn/ondemand/) online workout videos for at-home workouts, available 24/7
- SilverSneakers GO mobile app with workout programs, location finder and more

Discover a health and fitness benefit for adults 65+. Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to get your SilverSneakers ID number today.

Always talk with your doctor before starting any exercise program.

1. [cdc.gov/aging/aginginfo/alzheimers.htm](https://www.cdc.gov/aging/aginginfo/alzheimers.htm)
2. [cdc.gov/aging/publications/features/healthy-body-brain.html](https://www.cdc.gov/aging/publications/features/healthy-body-brain.html)
3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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