

Shake Up Your Routine To Stay Healthy

Back-to-school time is not just for kids. It's a good reminder to learn something new, and not only to keep your brain healthy.¹ Your body also benefits from trying different activities that incorporate muscles you haven't used as much.² Try shaking up your regular routine. SilverSneakers® can help.

Maybe your go-to cardio workout is a brisk walk through the neighborhood or on a treadmill three or four times a week. Try switching out some of those days with swimming or pickleball. Your heart still gets pumping, but other muscles, especially in your upper body, get attention too.

Why and how to shake-up your routine:

- It may help prevent any burnout that comes from doing the same routine over and over. Aim for a new adventure or experience every week.³
- It gives overused muscles and joints a chance to rest and recover before working them again. Because most overuse injuries can be hard to treat, prevention is the best solution.⁴ Work out different muscle groups, such as in your upper body while giving your lower body a rest.
- It may create a sense of purpose in your daily life by seeking out new activities you enjoy, like volunteering or playing games with friends. Feeling purposeful is linked to a lower risk of developing some health problems, as well as increasing lifespan.²
- It may improve thinking abilities. Some studies provide new information about ways that trying creative activities, such as music or dance, can help older adults with memory problems or dementia.²

SilverSneakers is a health and fitness benefit designed specifically for older adults, and is included with your Care N' Care health plan at no additional cost. Learn more about shaking up your routine in this article from SilverSneakers, [5 Reasons to Try New Fitness Activities](#)

SilverSneakers is more than a traditional 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:

- a nationwide network of participating locations,⁵ with group fitness classes⁶ at select locations – enroll in as many as you like, at any time

- SilverSneakers LIVE online classes and workshops taught 7 days a week by instructors trained in senior fitness
- 200+ workout videos in the SilverSneakers On-Demand online library
- group exercise classes designed for all abilities, (including a 12-week Fall Prevention Series, SilverSneakers Stability class and Balance Builder Workshops)
- SilverSneakers GO mobile app with digital workout programs
- SilverSneakers Community classes offered in neighborhood locations outside of the gym

Discover a health and fitness benefit for older adults. Activate your FREE online account today at SilverSneakers.com/Get-Started.

Always talk with your doctor before starting any exercise program.

1. nia.nih.gov/health/cognitive-health-and-older-adults#-mind
2. nia.nih.gov/health/participating-activities-you-enjoy-you-age
3. ncoa.org/article/5-tips-to-help-older-adults-stay-motivated-to-exercise
4. blog.ohiohealth.com/the-benefits-of-changing-up-your-exercise-routine/
5. 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.
6. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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