

# Stay Active As The Seasons Change To Boost Your Mood

It's one thing to feel sad now and then; it's quite another to have SAD, or Seasonal Affective Disorder. The good news is that regular exercise may help reduce stress and anxiety and therefore lessen some of the common symptoms of SAD: having less energy, sleeping more than usual and losing interest in activities you once enjoyed.<sup>1</sup>

Unlike the post-holiday blues or feeling down because of a loss, SAD is a depression that is triggered by seasonal changes, particularly from fall to winter, and can last for months.<sup>1</sup> SilverSneakers® can help you get and stay active no matter the season.

## 5 ways to boost your mood:

- **Get active.** Any form of regular exercise may help you feel better, not only physically, but also mentally.<sup>2</sup>
- **Get a good night's sleep.** Schedule reliable times to wake up and go to bed each day and try to reduce or eliminate napping and oversleeping.<sup>2</sup>
- **Get in the light.** Try to get some sunlight; when there is less of it in the winter, ask your doctor about light therapy.<sup>1</sup>
- **Connect with others.** People who engage in meaningful, productive activities with others have been shown to feel a sense of purpose and tend to live longer.<sup>3</sup>
- **Practice stress-relieving habits.** Reading, making a gratitude list, and yoga are some activities that may help reduce stress.<sup>4</sup>

It's important to see your doctor if you are depressed or think you might be. SilverSneakers® is a lifestyle and fitness benefit designed specifically for seniors, and is included with your Care N' Care (HMO/PPO) plan at no additional cost. Check out articles from SilverSneakers like [Seasonal Affective Disorder: Advice for the "Winter Blues."](#)

With SilverSneakers, you're sure to find something to fit your level, from SilverSneakers Classic with seated options, to high-intensity Total Body Strength. Plus, SilverSneakers gives you access to:

- memberships to thousands of fitness locations<sup>5</sup> (visit as many as you like)
- group exercise classes<sup>6</sup> designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- SilverSneakers On-Demand online workout videos for at-home workouts, available 24/7
- SilverSneakers LIVE full-length classes and workshops (exercise with others, but from the comfort of home)



- SilverSneakers GO mobile app with workout programs, location finder and more

Go to [SilverSneakers.com](https://www.silversneakers.com) to get your SilverSneakers ID number today. **Always talk with your doctor before starting an exercise program.**

1. [nimh.nih.gov/health/publications/seasonal-affective-disorder](https://www.nlm.nih.gov/health/publications/seasonal-affective-disorder)
2. [mayoclinic.org/diseases-conditions/seasonal-affective-disorder/diagnosis-treatment/drc-20364722](https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/diagnosis-treatment/drc-20364722)
3. [nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected](https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected)
4. [nia.nih.gov/health/participating-activities-you-enjoy-you-age](https://www.nia.nih.gov/health/participating-activities-you-enjoy-you-age)
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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