

Helping you set new goals for the New Year!

Keeping resolutions can be tough, but January is the perfect time to create healthy habits for the year. Reaching and maintaining a healthy weight isn't about following fad diets or strenuous exercise routines. Instead, it's a lifestyle that includes healthy eating patterns and regular physical activity¹. SilverSneakers® can help you get the exercise, inspiration and support you need to reach and stay at a healthy weight.

For more tips on kicking the year off on the right foot, check out the Nutrition section of the SilverSneakers blog.

Get active with SilverSneakers.

SilverSneakers is more than a traditional fitness program — it's a way of life. Designed specifically for seniors, you're sure to find something to help you get started and achieve your weight management goals. And the best part is, it's included with your Care N' Care (HMO/PPO) plan at no additional cost.

With SilverSneakers, you get access to:

- a nationwide network of participating locations,² with group fitness classes³ at select locations
- SilverSneakers LIVE online classes and workshops taught 7 days a week by instructors trained in senior fitness
- SilverSneakers On-Demand library with 200+ online workout videos
- SilverSneakers GO mobile app with digital workout programs
- SilverSneakers Community classes offered in neighborhood locations outside of the gym
- various articles to help you along your journey

Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to get your SilverSneakers Member ID number today.

Always talk with your doctor before starting any exercise program.

1. [cdc.gov/healthyweight/losing_weight/getting_started](https://www.cdc.gov/healthyweight/losing_weight/getting_started)
2. 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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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Care N' Care Insurance Company, Inc. (Care N' Care) is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal.

