

Put Self-Care At The Top Of Your To-Do List



Self-care has a nice ring to it, but what does it mean, and does it even matter? First, self-care is taking the time to do things that help you live well and improve your physical and mental health.¹ So yes, it matters. And it can be as simple as taking a walk, calling a friend or turning off the news.

Small acts of self-care in your daily life can have a big impact by helping you manage stress, lower your risk of illness and increase your energy.¹

Self-Care Tips:

1. Make a Schedule
 - a. Join a fun exercise class with SilverSneakers®
 - b. Establish a regular sleep routine
 - c. Put time on your calendar to pursue a hobby
2. Get Your Checkups
 - a. Stay up to date on medications and vaccinations
 - b. Schedule hearing, vision and dental exams
 - c. Ask your doctor about screenings for cancer and osteoporosis
3. Be Kind to Yourself
 - a. News can be upsetting sometimes, so take a break from it
 - b. Eat healthy foods and limit alcohol
 - c. Listen to your favorite music or read a good book

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. Check out articles from SilverSneakers like Kindness Challenge: Make Self-Care Part of Your Daily Routine.

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,² (we

- encourage you to visit as many as you'd like)
- group exercise classes³ 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

Discover a health and fitness benefit for adults 65+. Go to SilverSneakers.com/GetStarted to get your SilverSneakers ID number today.

Always talk with your doctor before starting any exercise program.

1. nimh.nih.gov/health/topics/caring-for-your-mental-health
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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