

Improve your balance to prevent falls and stay active with SilverSneakers

Falling is the leading cause of injuries for seniors¹, making it a common concern for many older adults. But you don't have to let that fear stop you from doing what you love. There are things you can do to reduce your risk of falling.

Learning about fall prevention and working on better balance may help you stay independent longer, giving you the freedom to do your daily activities.² Improving your balance can help strengthen your muscles and improve coordination to give you the confidence you need.

Improve your balance

Regular physical activity can help you improve balance, flexibility, muscle strength and gait, and reduce your risk of falling.³

Find the workout that is right for you. Think about what you and enjoy and where you are in your fitness journey. Many exercises can be done in a seated position so you can stay active without worrying about losing your balance.

Here are a few tips to help:

- Do exercises that make your legs stronger to help improve your balance. You can also try these 3 Calf Stretches to help you stay upright.
- Improve your balance and strengthen your legs and core with this 10-Minute Better Balance Workout.
- Take advantage of SilverSneakers® Balance and Stability workshops and classes such as SilverSneakers Classic, offered in-person at participating locations and online. These classes provide exercise modifications with a chair option for all levels.

Get active with SilverSneakers

SilverSneakers is a health and fitness benefit designed specifically for older adults and is included with your Care N' Care (HMO/PPO) plan at no additional cost.

SilverSneakers is more than a traditional fitness program – it's a way of life. It may help you achieve better balance and help prevent falls. With SilverSneakers, you get access to:

- a nationwide network of participating locations,⁴ with

group fitness classes⁵ 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
- SilverSneakers On-Demand library with 200+ online workout videos
- 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
- Online fitness and nutrition tips

Discover a health and fitness benefit for older adults.

Activate your FREE online account today at [SilverSneakers.com/GetStarted](https://www.silver-sneakers.com/GetStarted).

Always talk with your doctor before starting any exercise program.

1. [ncoa.org/article/get-the-facts-on-falls-prevention](https://www.ncoa.org/article/get-the-facts-on-falls-prevention)
2. <https://www.nia.nih.gov/health/older-adults-and-balance-problems>
3. <https://www.cdc.gov/falls/index.html>
4. 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.
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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