



*Empowering You in **Living Boldly™***

The Silver&Fit® Healthy Aging and Exercise program supports every unique member.



National Network of Fitness Centers

Standard: You can access a network of participating fitness centers or select YMCAs, at no cost to you. Premium: You also have access to an expanded network of select fitness centers, or you can join Premium locations, including fitness centers, studios, and unique fitness experiences, for a fee.¹



Workout Plans

You can answer a few online questions to get a custom exercise plan that focuses on goals like getting stronger, staying fit during recovery, and chronic condition management, at no cost to you.



Well-Being Coaching

You can get support in areas like fitness, healthy eating, stress, sleep, and weight loss while taking GLP-1 or anti-obesity medications. Trained coaches are available at no cost to you by phone, video, or chat.²



Well-Being Club

You can learn new skills and focus on well-being with live virtual classes and events, opportunities to connect in-person, and exclusive articles and videos, at no cost to you.



On-Demand Workout Videos

You can visit the Silver&Fit website to find workout videos for all fitness levels, at no cost to you.



FitnessCoach™ Virtual Personal Training

You can challenge yourself through live virtual sessions with a certified personal trainer, for an additional fee.³

Go to **SilverandFit.com** or call the Silver&Fit program toll-free at 1-888-797-8086 (TTY: 711) for more information and to find participating fitness facilities in your area.

¹Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

²The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

³Fees and limitations apply.

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