



# The Silver&Fit® Exercise & Healthy-Aging Program



Giving you the power to improve your health through learning and exercise.

## The Silver&Fit Exercise & Healthy-Aging Program consists of:

- Membership\* at a participating fitness facility. You can choose from:
  - Full fitness facilities
  - Basic fitness facilities
  - Gender-specific fitness facilities
  - Or exercise facilities
- Group fitness classes for older adults. (Classes offered in Full fitness facilities. Classes may vary by facility.)
- Healthy-aging learning material can be viewed online or, if you prefer, mailed to your home.
- The Silver&Fit Home Exercise Program for members who cannot get to a fitness facility or opt to work out at home.
- The Silver&Fit website
- *The Silver Slate*® newsletter
- A toll-free telephone hotline to answer questions about the program

\* Services at the fitness facility that call for an added fee are not part of the Silver&Fit program.



**Health Net**  
MEDICARE PROGRAMS

To learn more, call Health Net at  
**1-800-275-4737 (TTY/TDD 1-800-929-9955),**  
**8:00 a.m. to 8:00 p.m., seven days a week.**



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Choose what works for you!\*

Services Provided	Full Fitness Facility	Basic Fitness Facility	Gender-Specific Fitness Facility	Exercise Center	Home Exercise Program
Membership at a participating fitness facility that offers:	✓	✓	✓	✓	
– Access to cardio and strength training equipment	✓	✓	✓	Facilities Vary	
– Access to fitness facility features such as saunas, pools and whirlpools* (where available)	✓	✓	✓	Facilities Vary	
– Fitness facility exercise classes (if offered as part of fitness facility membership*)	✓	✓	✓	Facilities Vary	
Silver&Fit group exercise classes at the fitness facility	✓			Facilities Vary	
<i>The Silver Slate</i> ® newsletter	✓	✓	✓	✓	✓
Access to Silver&Fit website	✓	✓	✓	✓	✓
Toll-free telephone assistance (with TTY/TDD option)	✓	✓	✓	✓	✓
2 Home Exercise Kits in place of fitness facility membership					✓
Healthy-aging education kits on <a href="http://www.SilverandFit.com">www.SilverandFit.com</a> or, if requested, DVD with booklets	✓	✓	✓	✓	✓

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