



# SOMETHING FOR EVERYONE®



Welcome to the Silver&Fit® Healthy Aging and Exercise program where you can get fit in the best way for you!

Enjoy one, some, or all of the following at no cost to you:



## 1,500+ Digital Workout Videos

Go to [www.SilverandFit.com](http://www.SilverandFit.com) or download the Silver&Fit ASHConnect™ mobile app to view yoga, strength, Pilates, walking, cardio, and many other workout videos, perfect for all fitness levels.



## Daily Workout Videos

Join daily workout classes on Facebook Live and the Silver&Fit YouTube channel.



[www.facebook.com/SilverandFit](http://www.facebook.com/SilverandFit)  
[www.youtube.com/SilverandFit](http://www.youtube.com/SilverandFit)



## Stay Fit Kits

Pick one (1) of the following per benefit year:

- Garmin® or Fitbit® Wearable Fitness Tracker Kit\*
- Yoga Kit with a mat and hand towel
- Beginner, Intermediate, or Advanced Strength Kit with exercise bands and dumbbells



## Home Fitness Kits

Pick up to 2 kits per benefit year from our 34 unique options, including Aqua, Tai Chi, Chair-Based Exercise, and more.\*\*



## Access to 15,000+ Participating Fitness Centers

Work out at fitness centers including:



## Healthy Aging Coaching

Our coaches will help you address your fitness and nutrition goals, and provide guidance in other lifestyle areas during scheduled phone sessions.

Go to [www.SilverandFit.com](http://www.SilverandFit.com) to get started today! For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

\*The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit website. Once selected, Stay Fit Kits cannot be exchanged.

\*\*Members cannot select the same Home Fitness Kit twice in the same benefit year. Once selected, kits cannot be exchanged.

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