

Something for Everyone®



The Silver&Fit® Healthy Aging and Exercise program is designed to support every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



8,000+ Digital Workout Videos

Go to www.SilverandFit.com or download the Silver&Fit mobile app to view workout videos, perfect for all fitness levels.



Healthy Aging Coaching

Coaches will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone sessions.



Get Started Program

Answer a few online questions about your fitness level and goals to receive a personal exercise plan, including suggested workout videos.



Home Fitness Kits**

Pick one kit per benefit year:

- Fitbit® or Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit

You can also pick up to 2 additional kits per benefit year from these options:

- Yoga Kit
- Tai Chi for Balance Kit
- Total Body Workout Kit
- Walking Kit
- Chair Resistance Band Kit
- Cardio & Strength Kit
- Signature Series Kit (2 levels available)



Standard and Premium Fitness Network Choices

Work out at 16,500+ participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to an expanded network of select fitness centers and 4,000+ Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.*

Go to 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.

*Fees vary by Premium fitness center location. Please refer to the fitness center search on the Silver&Fit website.

Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged.

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