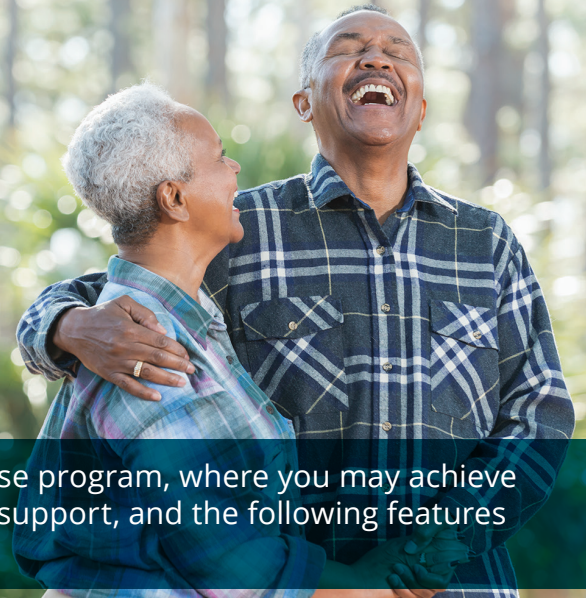


SOMETHING FOR EVERYONE®



Welcome to the enhanced Silver&Fit® Healthy Aging and Exercise program, where you may achieve a better life balance in a program with flexibility, personalized support, and the following features tailored to meet your unique needs:



National Network of 14,000+ Fitness Centers

- No-cost membership at one of 14,000+ participating fitness centers and YMCAs
- Many fitness centers and YMCAs also offer:*
 - Group fitness classes tailored to older adults
 - Dance or yoga studios and/or swimming pools



Home Fitness Kits

- If you prefer to work out at home, receive up to 2 kits per benefit year
- 35 unique options available, including a Fitbit® Connected! kit**



Additional Resources

- 48 Healthy Aging classes
- *The Silver Slate*® quarterly newsletter



Silver&Fit's ASHConnect™ Mobile App

- Enhanced fitness center search, with photos and location details to help you find fitness centers and YMCAs with your favorite features
- Activity tracking on over 250 wearable fitness devices, including Apple Watch®, apps, and exercise equipment**
- Virtual streaming group exercise videos so you can work out on your schedule



I joined Silver&Fit to get more active and now I'm healthier and part of an **AMAZING COMMUNITY**

– *Silver&Fit member*