

The SilverSneakers® Fitness Program.

As a Medifil member you can participate in the SilverSneakers Fitness Program at no additional cost!

Regular physical activity is one of the best ways to improve muscle strength, balance, stability and energy levels and help decrease the risk of chronic diseases such as diabetes, osteoporosis and congestive heart failure. SilverSneakers can help you stay active so you can stay healthy.

Join SilverSneakers and receive free access to amenities such as treadmills, weights, heated pools and fitness classes that are included with a basic fitness center membership. You can take signature SilverSneakers classes designed specifically for Medicare eligible and taught by certified instructors. As your fitness level progresses, you may be able to take advantage of additional SilverSneakers options available at selected fitness centers. A designated fitness center staff member called a Senior AdvisorSM will help you all along the way. SilverSneakers members can also participate in health education seminars and fun social events with others who share your interest in a healthy lifestyle. Plus once you've enrolled in SilverSneakers you can use any participating location across the nation. Visit www.silversneakers.com to view lists of participating fitness centers.

Take control of your health while you get fit, have fun and make friends!

Did you find all the answers you needed?

If not, you can always contact: 1-800-385-1985