

Your Health

Exercise As You Age: Enjoy The Benefits Of Fitness

(NAPSA)—As you age, regular physical activity is one of the most important things you can do for your physical and emotional well-being. Older adults are recognizing the incredible impact of physical activity and fitness, and are becoming more active than any previous generation. For millions of active older adults, the path to improved well-being starts with SilverSneakers® Fitness. In fact, 66 percent of participants said they would exercise less or not at all if it weren't for SilverSneakers.

The innovative program guides members through their fitness journey, helping them to improve their physical, mental and emotional well-being, and reach their fitness goals. According to the SilverSneakers Fitness annual participant survey, measuring fitness activities and attitudes, 83 percent of older adults enjoy aerobic activity three or more times per week. Additionally, 65 percent do muscle-strengthening exercises three or more times per week, and 49 percent do flexibility exercises three or more times per week.

Exercise is a preventative measure that can improve well-being and health as we age. From tennis and yoga to hiking and dance, fitness offers many benefits for older adults including reducing health issues and increasing energy and emotional well-being.

Additionally, exercising through a program allows people to meet new friends, socialize with others and have fun. SilverSneakers classes are a great way to stay healthy and foster friendships, as more than 37 percent of participants say they attend class to socialize. In fact, 68 percent participate in classes with a friend and 34 percent participate with a spouse or significant other.

SilverSneakers members understand that achieving their health goals is best found at the intersection of fitness and fun.



Fitness programs such as SilverSneakers Fitness are an important pathway to improved well-being among older adults, enabling them to achieve their health goals at any age. Whether playing with grandchildren and traveling or staying active and trying new activities, SilverSneakers Fitness supports longevity.

That is why SilverSneakers Fitness offers a variety of unique programming that provides members with access to fitness facility amenities, specialized group exercise classes, and SilverSneakers FLEX™, which offers convenient neighborhood classes and activities at parks, recreation centers and other local venues.

Those who are interested in starting a fitness routine are encouraged to take the following steps before they get started:

- Seek out an exercise that you enjoy.
- Consider any limitations and share those with your instructor.
- Start slow so that you don't risk injury.
- Increase your water consumption to stay hydrated.
- Make healthy nutrition choices to see maximum results.

For more information, to see if you are eligible for the numerous SilverSneakers benefits, and to find a class in your area, visit www.SilverSneakers.com.