

# Healthy Living

## SilverSneakers Fitness Inspires Older Adults To Be Healthy

(NAPSA)—After surviving breast and ovarian cancers, 90-year-old Grace Ruby's health was very fragile. Knowing she needed to take active steps to improve her health, she joined the SilverSneakers® Fitness program and began to exercise regularly at her local YMCA. In fact, she loved the class so much that she was instrumental in starting a new 7 a.m. class that now has nearly 30 participants. Today, she is also the self-proclaimed class greeter, and takes pride in knowing each one of her classmates personally.

Ruby was selected as the winner of the SilverSneakers Fitness 2014 Richard L. Swanson Inspiration Award due to her inspiring story of overcoming adversity, improving her health and happiness, and being a dedicated SilverSneakers champion.

"I've been given a new lease on life," said Grace Ruby of her award. "Without all the people in my class this wouldn't have happened."

SilverSneakers Fitness is the nation's leading exercise program designed exclusively for older adults and has changed the lives of thousands of members through fitness. Through a unique combination of fitness, strength training and social activities, SilverSneakers empowers members like Ruby to take control of their well-being.

For many SilverSneakers members, this is their first formal fitness class and is oftentimes life changing. Studies show that staying active is key to health and longevity, and whether members are exercising for the first time or returning to fitness, there are a few considerations to keep in mind:

- Set realistic expectations for your workout—give yourself room to improve.
- Adapt exercises for your condition—every exercise offers a modified version.
- Do what you love—seek classes that inspire you.



**Grace Ruby (center) and her SilverSneakers Fitness classmates celebrate her announcement as the 2014 winner of the national Richard L. Swanson Inspiration Award in Phoenix, Arizona.**

- Celebrate your fitness milestones—particularly small successes.

The impact of the program for members is felt quite quickly. In just one year with the SilverSneakers program, nearly 60 percent of members experience improvement in their arthritis pain. For others, like Ruby, the classes represent independence and longevity. Ruby drives herself to class every day—rain or shine—to greet her fellow classmates and participate from the front row.

SilverSneakers members are dedicated to feeling their best, as 82 percent enjoy aerobic activity three or more times per week, including cardio, circuit, yoga, step and spin.

"I have never been this healthy," said Grace Ruby. "SilverSneakers is the best part of my life now."

SilverSneakers is available to more than 11 million Medicare beneficiaries through many Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. For more information, to see if you are eligible for SilverSneakers Fitness, and to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).

SilverSneakers® Fitness program was founded in 1992 and is the nation's leading fitness program designed specifically for older adults.