

Living Boldly™ Together



The Silver&Fit® Healthy Aging and Exercise program supports every member.

National Network of Fitness Centers

Join thousands of fitness centers or YMCAs, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers and studios, at an extra cost.*



On-Demand Workout Videos

Visit the Silver&Fit website to find workout videos for all fitness levels.



Workout Plans

Answer a few online questions about your fitness level and goals to get a custom exercise plan.



Home Fitness Kits

Pick one kit per benefit year from 11 choices.**



Well-Being Club

Learn new skills and focus on well-being with classes and events on the Silver&Fit website, chances to connect in-person, and articles and videos.



FitnessCoach™ Virtual Personal Training

Challenge yourself with up to 8 live virtual sessions per benefit year with a personal trainer. Each session costs \$30.



Well-Being Coaching

Get help with your goals during phone, video, or chat sessions with a coach.

Go to [SilverandFit.com](https://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 location. Please refer to the fitness center search on the Silver&Fit website.

Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged.

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