



GETTING STARTED WITH SILVERSNEAKERS

You have the power to Love Life Longer™.



SilverSneakers®



Congratulations!

You already have SilverSneakers®. You now have unlimited access to thousands of fitness locations across the country. From weights and machines to group classes led by certified instructors, SilverSneakers has something for everyone at all levels of ability.

Let's get started!



Look up your ID number.



Find participating locations that are right for you.



Set your date and start working out.



Remember, you don't have to stick to just one location. You have access to thousands of locations nationwide. Pick what works best for you and your schedule.

There's no time like now to Love Life Longer™!



Here are some tips to help you along your journey.

- **Wear comfortable shoes and clothing**, and don't forget a water bottle.
- **Find the right routine for you.** With SilverSneakers you have access to basic amenities and classes for all fitness levels. Not sure which is right for you? Try them all until you find the right one.
- **Join our online community** to get healthy meal plans, workout e-books, class demos and fitness and nutrition tips. Check out the [SilverSneakers blog](#), sign up for our email [newsletter](#), and follow us on social media so you don't miss anything!
- **Connect with new people** – millions like you already have SilverSneakers. **Like us on Facebook** and connect with people throughout the country.
- **Keep us posted.** Share Your Story at [SilverSneakers.com/MyStory](https://www.silversneakers.com/MyStory) and let us know how your fitness journey is going.
- **Have fun!** SilverSneakers is all about finding the joy in life, so work out with a friend, or make new ones. Just know you don't have to go through this journey alone.



The best outcome [of SilverSneakers] has been the fun, the laughter and the friendships.

Gayla, SilverSneakers member



Want more?

If you're not already, become a fan on social media. We'd love to hear your thoughts! Plus, get recipes, workouts and more by visiting the SilverSneakers blog.

Love life more.

Visit [SilverSneakers.com/Locations](https://www.silversneakers.com/locations) to find a convenient location.

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