

SilverSneakers SUMMER SHAPE-UP CHALLENGE



How many of these activities can you do?

Go to silversneakers.com/summer to find the exclusive video workouts that appear on the bingo card below—along with other fast, effective, and fun ways to get fit for summer!

				
SilverSneakers Class OR Gym Workout	 BODYWEIGHT WORKOUT	 30-Minute Walk with Cardio Intervals	 GYM MACHINE WORKOUT	SilverSneakers Class OR Gym Workout
 Core Workout	 30-Minute Stretch & Mobility Follow-Along	 SQUATS WORKOUT	 30-Minute Strength Follow-Along	 Med Ball Medley 
 BELLY, BUTT, BACK & THIGHS WORKOUT	 HIIT Strength Workout	Check Your SilverSneakers Eligibility <small>and find locations at silversneakers.com</small>	 Upper-Body Workout	 COMBINATION CARDIO WORKOUT
 Lower-Body Workout	 25-Minute Core & Coordination Follow-Along	 DUMBBELL WORKOUT 	 20-Minute Cardio Follow-Along	 Push-Pull Workout
SilverSneakers Class OR Gym Workout	 INTERVAL CARDIO WORKOUT	 30-Minute Walk with Strength Intervals	 YOUR CHOICE! <small>Repeat Anything on This Card!</small>	SilverSneakers Class OR Gym Workout

SilverSneakers is a health and fitness program designed for adults 65+ that's included with many Medicare Plans.

Check your eligibility, find locations, and access more resources for healthy living at silversneakers.com.

Please consult with your physician before beginning a physical activity program.