

The SilverSneakers® Fitness Program.



As a WPS Medicare Companion member you can participate in the SilverSneakers Fitness Program at no additional cost!

Regular physical activity is one of the best ways to improve muscle strength, balance, stability and energy levels and help decrease the risk of chronic diseases such as diabetes, osteoporosis and congestive heart failure. SilverSneakers can help you stay active so you can stay healthy.

Activate your membership in SilverSneakers and receive free access to amenities such as treadmills, weights, heated pools and fitness classes that are included with a basic fitness center membership. You can take signature SilverSneakers classes designed specifically for Medicare eligible and taught by certified instructors. As your fitness level progresses, you may be able to take advantage of additional signature classes, such as YogaStretch,



SilverSplash®, CardioFit and WeightCircuit, available at select locations. A designated fitness center staff member called a Senior

AdvisorSM will help you all along the way. SilverSneakers members can also participate in health education seminars and fun social events with others who share your interest in a healthy lifestyle. Plus once you've enrolled in SilverSneakers you can use any participating location across the nation. Visit www.silversneakers.com to view lists of participating fitness centers.



*Class offerings and services vary by location. For members living more than 15 miles from a participating location, call 1-888-423-4632 to take advantage of the SilverSneakers Steps® program. SilverSneakers Steps is a self-directed, pedometer-based walking and physical activity program.

Take control of your health while you get fit, have fun and make friends!

Visit www.silversneakers.com
to view lists of participating
fitness centers.

Did you find all the answers you needed?

If not, you can always contact WPS at 1-800-236-1448.

This is an advertisement for insurance. Neither WPS Health Insurance nor its agents are connected with the federal Medicare program. This program is not part of the insurance policy and is offered at no additional charge.

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