

Enjoy the Freedom of Home Fitness

The Silver&Fit® program helps you stay active! No matter where you live or where you like to work out, enjoy one Home Fitness Kit per benefit year.*

Choose one kit from the following:

Fitbit® Wearable Fitness Tracker Kit



Garmin® Wearable Fitness Tracker Kit



Pilates Kit with a Pilates ball and towel



Beginner Strength Kit with 2-pound dumbbells and exercise bands



Intermediate Strength Kit with 3-pound dumbbells and exercise bands



Advanced Strength Kit with 5-pound dumbbells and exercise bands



Beginner Swim Kit with swimming goggles and a kickboard



Advanced Swim Kit with aquatic resistance gloves and a pull float



Beginner Yoga Kit with a mat and hand towel



Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks



To order your Home Fitness Kit, please visit www.SilverandFit.com.

Once you choose a kit, you will get an online promo code and instructions on how to redeem the code. After you redeem the code, your kit will be mailed to you within <10> days!

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**.

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