

Living Boldly™ Together



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

National Network of Fitness Centers

Access thousands of participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.*



Workout Plans

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



Well-Being Club

Learn new skills and focus on well-being with live virtual classes and events, opportunities to connect in-person, and exclusive articles and videos.



Home Fitness Kits

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



Well-Being Coaching

Get support with your goals during scheduled phone, video, or chat sessions with a trained coach.



On-Demand Workout Videos

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

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, 8 a.m. to 9 p.m. Eastern 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.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Living Boldly, and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

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