

Enjoy the Freedom of Home Fitness

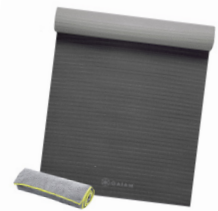
The Silver&Fit® program helps you stay active no matter where you live or where you like to work out!

Choose one Home Fitness Kit per benefit year:*

Fitbit® or Garmin®
Wearable Fitness
Tracker Kit



Beginner Yoga Kit
with a mat and
hand towel



Walking/Trekking
Kit with 2
walking poles



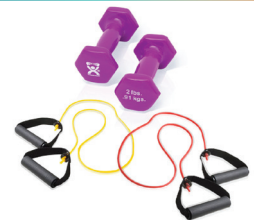
Intermediate/Advanced
Yoga Kit with a yoga
strap and 2 yoga blocks



Pilates Kit with
a Pilates ball
and towel



Beginner Strength
Kit with 2-pound
dumbbells and
exercise bands



Beginner Swim Kit with
swimming goggles and
a kickboard



Intermediate
Strength Kit with
3-pound dumbbells
and exercise bands



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Advanced Strength
Kit with 5-pound
dumbbells and
exercise bands



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

Once you choose a kit, you will get an online promo code. Follow the instructions on how to redeem the code. Your kit will be mailed to you. Shipping times for kits may vary.

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 promo 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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