

**Regular physical activity is key**  
in helping to combat depression.  
With Healthways SilverSneakers<sup>®</sup>  
Fitness Program, you have the key!



Projections suggest that by 2020, depression will become the second leading cause of disease among older adults worldwide.<sup>1</sup> Depression can be triggered by other medical illnesses or disabilities, or it can be associated with life events such as the loss of a spouse or sibling, retirement or relocation of residence. The bright side is that medication isn't the only tool to fight depression.

Physical activity has been shown to improve mental health and cognitive function in older adults and has been found to contribute to the management of disorders such as depression and anxiety.<sup>2</sup> In fact, regular physical activity could be the best medicine for older adults who suffer from depression. That's why many Medicare health plans and Medicare Supplement carries offer the SilverSneakers Fitness Program as a benefit. SilverSneakers is the nation's leading physical activity program designed exclusively for people with Medicare.

**By increasing physical activity through regular participation in programs such as the SilverSneakers Fitness Program, you can:**

- have more energy
- manage your stress and release tension
- improve confidence and overall well-being
- increase muscle strength and endurance
- participate in social and educational activities
- meet new people who share your interest in a healthy lifestyle

**Take an active role in managing your health with the SilverSneakers Fitness Program!**



**To learn more about the SilverSneakers Fitness Program, visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. Eastern time.**

**Please check with your doctor before starting SilverSneakers or any exercise program.**

1. Chapman DP, Perry GS. Depression as a major component of public health for older adults. *Prev Chronic Dis* 2008;5(1). [http://www.cdc.gov/pcd/issues/2008/jan/07\\_0150.htm](http://www.cdc.gov/pcd/issues/2008/jan/07_0150.htm). Accessed June 15, 2010.
2. World Health Organization Website, [http://www.who.int/dietphysicalactivity/factsheet\\_olderadults/en/index.html](http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/index.html)

