

There's substantial evidence that exercise can enhance mood and reduce symptoms of depression. Increasing physical activity is a positive and active strategy to help manage depression.

Mayo Clinic  
Rochester, MN

## Regular **physical activity** is key in helping combat **depression** among older adults.

With Healthways SilverSneakers® Fitness Program, you *have* the key!

Did you know that depression affects approximately 6 million Americans age 65 and older, but only 10 percent receive treatment? Depression among older adults can be triggered by other medical illnesses or disabilities, or it can be associated with the loss of a spouse or sibling, retirement or relocation of residence.

But medication isn't the only tool to fight depression. A recent study by Duke University Medical Center found that moderate, regular exercise may be just as helpful as anti-depressant medication in combating depression. And furthermore, a report in the *British Journal of Sports Medicine* suggests that aerobic exercise can help lift depression in older adults and that it may work *faster* than anti-depressant drugs.

Regular physical activity could be the best medicine for older adults who suffer from depression. That's why many health plans offer their members the award-winning\* **SilverSneakers Fitness Program**, the nation's leading exercise and physical activity program designed exclusively for Medicare-eligible health plan members. And best of all, SilverSneakers is available at no additional cost beyond the usual health plan premium.

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

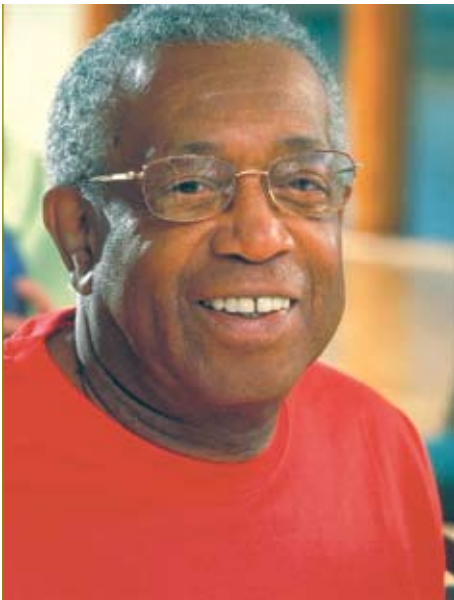
- Increase energy
- Manage stress
- Improve confidence and overall well-being
- Release tension
- Maintain your independence
- Meet new people who share your interests in maintaining a healthy lifestyle

If you're ready to take an active role in managing your health, the SilverSneakers Fitness Program is here for you. *Are you ready now?*

To learn more about the SilverSneakers Fitness Program, visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-888-423-4632.

If you have any questions or concerns about starting a physical activity program, please consult your physician.

\* The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.



Take control of your health and maintain your independence with SilverSneakers!

