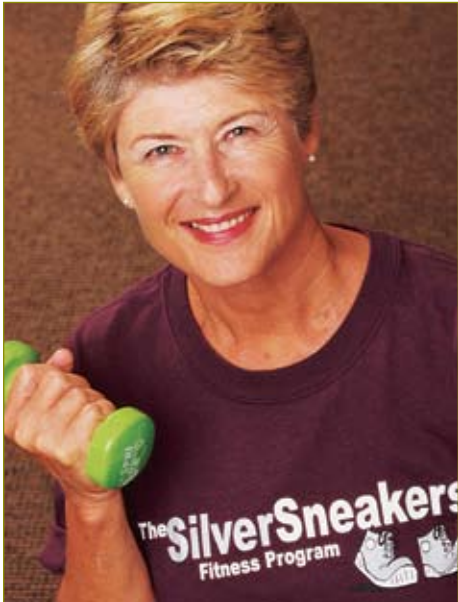


Bone is living tissue that responds to exercise by becoming stronger. By pursuing a healthier lifestyle filled with physical activity, you can strengthen muscles and improve bone density.

National Osteoporosis
Foundation



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



Regular **physical activity** is key in helping prevent or control **osteoporosis**.

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

Osteoporosis is a debilitating disease in which bones – typically the hip, spine or wrist – become fragile and more likely to break. But because bone is a living tissue that gets stronger when you put demands on it, the good news is that osteoporosis can be prevented and treated through regular physical activity.

The better news is that you can dramatically improve your bone strength and density by participating regularly in the award-winning* **SilverSneakers Fitness Program**, the nation's leading exercise and physical activity program designed exclusively for Medicare-eligible health plan members.

And the best news? Many health plans offer the SilverSneakers Fitness Program to their members at no additional cost beyond the usual health plan premium!

As a SilverSneakers member, you'll be able to participate in both weight-bearing and resistance activities, which are key to building bone mass and strength. You'll also be able to:

- Increase your energy
- Improve your muscle strength, agility, flexibility and balance
- Maintain your independence
- Meet 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 or call 1-888-423-4632.

For additional information as well as links to other sites that discuss the benefits of increased physical activity among adults aged 50 and older, go to www.agingblueprint.org and www.americanheart.org.

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.