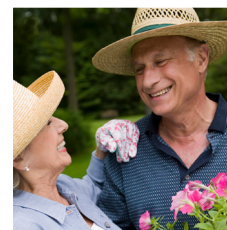
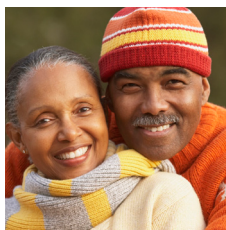


Regular physical activity is key
in helping to prevent or control osteoporosis.
With Healthways SilverSneakers[®]
Fitness Program, you have the key!



Osteoporosis is a debilitating disease in which bones – typically the hip, spine or wrist – become more fragile and more likely to break. Millions of Americans have osteoporosis – mostly women, but also more than 2 million men. The risk of osteoporosis grows as you get older. At the time of menopause, women may lose bone quickly for several years. After that, the loss slows down but continues. In men, the loss of bone mass is slower. But by age 65 or 70, men and women are losing bone at the same rate.¹

There is good news, though:

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.² That's why many Medicare health plans and Medicare Supplement carriers offer the SilverSneakers Fitness Program as a benefit. SilverSneakers is the nation's leading physical activity program designed exclusively for people with Medicare.

SilverSneakers members are able to participate in both weight-bearing and resistance activities. SilverSneakers provides tools to help you:

- increase your bone strength
- improve your muscle strength, agility, flexibility and balance
- meet others 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 or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. Eastern time.



For additional information, visit www.nia.nih.gov, www.niams.nih.gov/Health_Info/Bone, and www.nof.org.

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

1. National Institutes of Health, Institute on Aging, Age Page: "Osteoporosis: The Bone Thief," <http://www.nia.nih.gov/HealthInformation/Publications/osteoporosis.htm>
2. National Osteoporosis Foundation, www.nof.org/prevention/exercise.htm

