

Regular Physical Activity at Any Age is Key to Maintaining a Healthy Heart

With the SilverSneakers® Fitness Program, provided by Highmark, you have the key!



People with congestive heart failure can gain significant health benefits with a moderate amount of physical activity, preferably daily. Physical activity need not be strenuous to bring health benefits. What is important is to include activity as part of your regular routine.

American Heart Association

According to the American Heart Association, it's better for people with heart failure to stay active. Moderate exercise can help the heart get stronger. Most people find that exercise improves their symptoms, reduces stress and boosts energy levels. Regular exercise also may lead to other important health advantages, including weight loss, better circulation and blood pressure, and lower cholesterol levels – all of which are especially important if you have heart failure.

This is 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, each program is available at no additional cost beyond the usual health plan premium.

Through regular participation in the SilverSneakers Fitness Program and the specially designed SilverSneakers classes, you're better able to:

- Keep your weight under control
- Prevent or manage high blood pressure
- Improve your cholesterol levels
- Manage your stress and reduce tension
- Increase 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

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.

Take control

of your health and maintain your independence with SilverSneakers!



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

SilverSneakers® is a registered mark of Healthways Health Support, LLC. Healthways Health Support is a separate company that provides the SilverSneakers service described above on behalf of Highmark.

(11/14) CS202890