



SOMETHING FOR EVERYONE!™



Work out in the comfort of home with the Silver&Fit® Home Fitness Program!

>> **Silver&Fit is an Exercise & Healthy Aging program that helps older adults improve their health by offering memberships at fitness centers or YMCAs nationwide.**

But for members who prefer to work out at home, Silver&Fit also provides a selection of 34 home fitness kits. No matter where you live, you now have the choice you need as a Silver&Fit member to get fit on your own terms. Kits are mailed directly to your home.

You can choose up to 2 of the following kits per benefit year:

Aquatic Exercise Kit: Includes a water Pilates DVD, instructional booklet, and Quick Start guide

Barre Fitness Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Barre Fitness for All Levels Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Cardio & Strength Exercise Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Aerobics Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Boxing Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Dancing Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Dancing Celebration Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Chair Pilates Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Resistance Band Kit: Includes a DVD, resistance band, instructional booklet, and Quick Start guide

Chair Tai Chi Kit: Includes a DVD, instructional booklet, and Quick Start guide

Chair Yoga Kit: Includes a DVD, instructional booklet, and Quick Start guide

Diabetes Workout Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Exercise for the Bedridden and Physically Challenged Kit: Includes a DVD, instructional booklet, and Quick Start guide

High Intensity Bootcamp Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Silver&Fit Signature Series I: Explore Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Silver&Fit Signature Series II: Experience Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Silver&Fit Signature Series III: Excel Kit: Includes a DVD, instructional booklet, and Quick Start Guide

Stress Management Kit: Includes a CD and instructional booklet on mind-body techniques

Tai Chi Kit: Includes a DVD, small towel, instructional booklet, and Quick Start guide

Tai Chi for Balance Kit: Includes a DVD, instructional booklet, and Quick Start guide

Total Body Workout Kit: Includes a DVD, instructional booklet, and Quick Start guide

Walking Kit: Includes a pedometer and instructional booklet

Yoga Kit: Includes a DVD, yoga strap, instructional booklet, and Quick Start guide

More kits coming soon—check your account on www.SilverandFit.com regularly for more information. Kits are subject to change.



For more information about the Silver&Fit Program, please call Priority Health at 888.389.6648 (TTY 711).

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ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف الصم والبكم: 711).

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