



BUILD STRENGTH AND BALANCE OUTSIDE THE GYM

SilverSneakers FLEX® offers Strength and Balance, a low impact class that helps you improve flexibility and build strong muscles.^{1,2} Strength exercises may include lifting weights, using resistance bands or doing body-weight exercises.

“

I have steadily regained my strength. I can now walk up a flight of stairs without pulling myself up with my arms! And now my knees feel fine!”³

– SilverSneakers member, Missouri

Join us for a Strength and Balance class.¹
It's FREE to SilverSneakers® members.

[SilverSneakers.com/Flex](https://www.silversneakers.com/flex)

Questions? We're here to help.
1-888-423-4632 (TTY: 711)
Monday – Friday 8 a.m. – 8 p.m. ET



SilverSneakers
by Tivity Health®

Always talk with your doctor before starting an exercise program.

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

2. aafp.org/afp/2010/0101/p55.html

3. Results vary. Not all participants will achieve these results or benefits.

SilverSneakers, SilverSneakers FLEX and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved. FLEX4425SB0919