



# Celebrate your body and move in May

**Retirement is getting a facelift!** No longer are we expected to just sit on the couch and watch TV or read. We get new life once we hit retirement age. Now is the time to travel and do all the things we couldn't while we were working. Staying active can help you live that life and stay independent longer. The Center for Disease Control and Prevention recommend adults should get at least 150 minutes of moderately intense exercise each week.<sup>1</sup> That's an average of 30 minutes five days a week.

## Getting started

Not sure where to begin, check out 6 Steps to Getting Healthy and Fit in Your 60s, 70s, and Beyond ([www.silversneakers.com/blog/fitness-over-60-getting-fit-60s-70s-beyond](http://www.silversneakers.com/blog/fitness-over-60-getting-fit-60s-70s-beyond)).

Or do you fall into the category of knowing it is good for you, but having a hard time finding the motivation? Follow the three steps in Not Motivated to Exercise? Do This ([www.silversneakers.com/blog/qa-not-motivated-to-work-out-do-this](http://www.silversneakers.com/blog/qa-not-motivated-to-work-out-do-this))

Sources:

1. [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=68](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=68)

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## Need a little boost?

Already active, but want to try something new? Check out 4 Health Secrets of Walking ([www.silversneakers.com/blog/4-hidden-health-secrets-walking](http://www.silversneakers.com/blog/4-hidden-health-secrets-walking)). Or try the 8 Best Low-Impact Workouts for Older Adults ([www.silversneakers.com/blog/low-impact-workouts-older-adults](http://www.silversneakers.com/blog/low-impact-workouts-older-adults)).

National Senior Health and Fitness Month  
No matter your physical level, just get up and move! This month is National Senior Health and Fitness Month, with Wednesday, May 27 National Senior Health & Fitness Day. No better way to celebrate your body than to be active.

SilverSneakers®, provided by Care N' Care, may help you get and stay active. Go to [SilverSneakers.com](http://SilverSneakers.com) to get your ID number or find convenient locations. Download the SilverSneakers GOTM app for adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more.

**Always talk with your doctor before starting an exercise program.**