

Finish The Year Strong And Enter 2023 Even Stronger

Why wait until January to set goals and create healthy habits? After all, a strong finish to this year can help you jump start the new year with confidence. Since December is a month of gift giving, it's a wonderful time to gift yourself with a happier, healthier lifestyle.

Start working on your goals today and, by January 1, you'll be steps ahead in achieving them. Plus, you'll likely feel stronger and more energized throughout the holidays. It's a win-win and SilverSneakers® -- your fitness benefit from your health plan at no additional cost -- can help you get there.

Tips to finish the year strong:

- Exercise – Participate in a SilverSneakers workout class or workshop, in-person or online. Working out can help increase muscle and bone strength, improve stability and balance, and reduce stress and anxiety.¹
- Organize – Keep what you need and sell or give away what you don't; maybe even re-gift items and save money on holiday spending! This can also help make your surroundings safer by removing obstacles in your path that might be fall risks.²
- Learn something new – Go to GetSetUp³ to access a variety of classes with a focus on getting ready for 2023.
- Jump-Start the New Year – Learn how to create routines and set goals for next year, and how to make them stick.
- Create a Vision Board to Achieve Your Goals – Learn the basics of creating a vision board to help focus on your goals for the New Year.

You have access to GetSetUp at no extra cost³ as part of your SilverSneakers membership. SilverSneakers has teamed up with GetSetUp to bring you thousands of fun, easy-to-follow, live on-line classes created for and taught by older adults, in categories like cooking, technology, art and travel. You'll also enjoy bonus classes exclusively for SilverSneakers.

To register for GetSetUp: Log into your SilverSneakers account with the button below, then click on the "Explore Get-SetUp" button.

GET STARTED ([SilverSneakers.com/StartHere](https://www.silver-sneakers.com/StartHere))

SilverSneakers® is a lifestyle and fitness benefit designed specifically for seniors, and is included with your Care N' Care

(HMO/PPO) plan at no additional cost. Check out articles from SilverSneakers like 9 Healthy Habits You Can Start Today. SilverSneakers is more than a fitness program – it's a way of life. You're sure to find something to fit your level, from SilverSneakers Classic, with seated options, to high-intensity Total Body Strength. With SilverSneakers, you get access to:

- memberships to thousands of fitness locations⁴ (visit as many as you like)
- group exercise classes⁵ designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- SilverSneakers On-Demand online workout videos for at-home workouts, available 24/7
- SilverSneakers LIVE full-length classes and workshops (exercise with others, but from the comfort of home)
- SilverSneakers GO mobile app with workout programs, location finder and more

Go to [SilverSneakers.com/GetStarted](https://www.silver-sneakers.com/GetStarted) to get your SilverSneakers ID number today.

Always talk with your doctor before starting any exercise program.

1. Langhammer B, Bergland A, Rydwick E. The Importance of Physical Activity Exercise among Older People. Biomed Res Int. 2018 Dec 5;2018:7856823. doi: 10.1155/2018/7856823. PMID: 30627571; PMCID: PMC6304477.
2. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
3. GetSetUp is a third-party service provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.
4. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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