



STAY STEADY ON YOUR FEET WITH SILVERSNEAKERS

Falls are the leading cause of injuries among older adults,¹ making them a significant concern. But the good news is there are steps you can take to reduce this risk. By learning about fall prevention and working on your balance, you can maintain your independence and confidently engage in the activities² you love.

[Start Here](#)

Boost your balance

Engaging in regular physical activity can improve your balance, flexibility, muscle strength, and gait, all of which can help reduce your risk of falling,³ helping you stay active and safe.

Here are a few tips to help:

- Complete our online class [Balance Assessment for Seniors](#) for a quick and effective stability evaluation.
- Stay strong on your feet with balance exercises like these [6 Best Balance Exercises for Seniors to Improve Stability](#).
- Improve your balance and strengthen your legs and core with this [10-Minute Better Balance Workout](#).
- Take advantage of SilverSneakers® Balance and Stability workshops and classes such as SilverSneakers Classic, offered in-person at participating locations and online. These classes provide exercise modifications with a chair option for all levels.

Get active with SilverSneakers

SilverSneakers is more than a traditional fitness program — it's a way of life. Designed specifically for seniors, it's included with your <Health Plan> plan at no additional cost.

With SilverSneakers, you get access to:

- A nationwide network of participating locations,⁴ with group fitness classes⁵ at select locations
- [SilverSneakers LIVE](#) online classes and workshops taught 7 days a week by instructors trained in senior fitness
- [SilverSneakers On-Demand](#) library with 200+ online workout videos
- Group exercise classes designed for all abilities, (including SilverSneakers Balance and Stability classes)

Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to get your SilverSneakers Member ID number today.

Always talk with your doctor before starting an exercise program.

1. [ncoa.org/article/get-the-facts-on-falls-prevention](https://www.ncoa.org/article/get-the-facts-on-falls-prevention)
2. <https://www.nia.nih.gov/health/older-adults-and-balance-problems>
3. <https://www.nia.nih.gov/health/exercise-and-physical-activity/four-types-exercise-can-improve-your-health-and-physical#balance>
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.