



COMBAT LONELINESS WITH SILVERSNEAKERS

Three Dog Night says it best: “One is the loneliest number.” As we age, we often find ourselves spending more time alone. It is vital to continue making new friends and stay connected with the loved ones we already have. Amit A. Shah, M.D., a geriatrician, internist and palliative care specialist at Mayo Clinic, says our relationships are valuable as we age.¹

Being in new social situations can be hard and scary, but we must do it. “It takes effort to learn about a new person or make a new connection, but it’s very important to cognition,” says Dr. Shah. “Think of it as a workout for your soul, your happiness and your brain health.”¹

[Start Here](#)

Find friendships with SilverSneakers

SilverSneakers creates a way to gather with friends and maintain your health and independence. Designed specifically for seniors, it’s included with your Arkansas Blue Medicare plan at no additional cost.

SilverSneakers provides access to thousands of participating locations² nationwide, group activities and classes³ held outside traditional gyms, taught by instructors specially trained in senior fitness.

Through SilverSneakers Community classes, you have classes right in your neighborhood like recreation centers, retirement communities, local parks and more. Community classes feature unique classes, including:

- Line dance and Latin-style dance
- Indoor and outdoor boot camp
- Walking groups

Get active with SilverSneakers

SilverSneakers is more than a traditional fitness program — it’s a way of life.

With SilverSneakers, you get access to:

- [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

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



Always talk with your doctor before starting an exercise program.

1. <https://mcpres.mayoclinic.org/healthy-aging/a-surprising-key-to-healthy-aging-strong-social-connections/>
2. 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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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