

# CAN'T MAKE IT TO THE GYM?

Silver&Fit® members can work out in the convenience of home with the Silver&Fit Home Fitness Program!

For an annual non-refundable fee of just \$10, members can choose from the following:

Silver&Fit is an exercise and healthy aging program that helps seniors improve their health by offering memberships at fitness clubs and exercise centers nationwide. But for members who prefer to work out at home, Silver&Fit also provides a selection of 8 exciting Home Fitness Kits. No matter where they live, Silver&Fit members now have the choice they need to get fit on their own terms. Kits are mailed directly to the member's home.

1. **Stress Management Kit** includes a CD and booklet on mind-body techniques.
2. **Pilates Kit** includes a DVD, instructional booklet, and Quick Start guide.
3. **Strength Exercise Kit** includes a DVD, resistance tubing, two 2-pound dumbbells, and Quick Start guide.
4. **Aquatic Exercise Kit** includes a water Pilates DVD, instructional booklet, and Quick Start guide.
5. **Dance Kit** includes a DVD, instructional booklet, and Quick Start guide.
6. **Walking Kit** includes a pedometer with instructions to help members track their distance, as well as a booklet with tips to help members get started.
7. **Yoga Kit** includes a DVD, yoga strap, instructional booklet, and Quick Start guide.
8. **Tai Chi Kit** includes a DVD, small towel, instructional booklet, and Quick Start guide.

Visit us online at [iuhealthplansmedicare.org](http://iuhealthplansmedicare.org) or [www.SilverandFit.com](http://www.SilverandFit.com)

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For more information about the Silver&Fit Program, please call 317.963.9700 or 800.455.9776 or Relay Indiana (TTY) 800.743.3333. Hours of operation: October 15 through February 14 from 8:00 am to 8:00 pm seven days a week. February 15 through October 14 from 8:00 am to 8:00 pm Monday through Friday. You may receive assistance through alternate technology after 5:00 pm, on weekends, and holidays.