

SILVERSNEAKERS IS OFFERED HERE



SilverSneakers® is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

BENEFITS OF SILVERSNEAKERS

SilverSneakers is *much more* than an exercise program. It may help you achieve your *best health in mind, body and spirit.*¹

86%

of participants say SilverSneakers has improved their quality of life.²

57%

of participants report they have made new and valuable friendships through SilverSneakers.²

69%

discovered they could do more than they thought possible.²

Enrolling at our location² is simple. Just follow these steps.



Go to **SilverSneakers.com/Check** to see if you're eligible.



You can start slowly, but keep it steady to enjoy a healthier lifestyle.

Shelbyville Recreation Center
220 Tulip Tree Rd.
Shelbyville, TN 37160
(931)684-9780

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

2. 2019 Annual Participant Survey

3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

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