



FAST FACTS

about SilverSneakers Steps

Overview

SilverSneakers Steps® is a good starting point for those who may not be quite ready for the “gym” experience to ease into the SilverSneakers® fitness program by using an at-home kit. The goal is to graduate members from Steps into fitness locations or SilverSneakers FLEX® classes to gain the most benefits from the program.

Transitioning kit users to next-level fitness

- For those **recovering from injury or illness**, classes¹ can be modified for any level (check with doctor first).
- Encourage those who **have become comfortable using an at-home kit** to visit a nearby participating location² or FLEX class to take their workouts to the next level.
- Remind those who **don't have a location nearby** to check regularly for new additions.

Steps kits*

(each includes the Quick Start Guide)



Walking

- Pedometer to track daily steps



Toning

- SilverSneakers ball
Colors vary; color selection not available. Latex-free. Size should not exceed 8 inches when inflated. Air pump needed for inflation (not included).



Strength

- Resistance band



Yoga

- Yoga strap

[SilverSneakers.com/Locations](https://www.silversneakers.com/Locations)

1-833-236-0190

Monday – Friday 8 a.m. – 8 p.m. ET



*Contents of kits may change without notice.

Always talk with your doctor before starting an exercise program.

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
2. 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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