



# STAY ACTIVE WITH SILVERSNEAKERS

Use your fitness benefit wherever you are.





SilverSneakers® is your fitness benefit from your SecureBlue (HMO SNP) plan at no extra cost. It gives you memberships to thousands of participating fitness locations<sup>1</sup>. You can exercise on your own or join group classes<sup>2</sup>. When you can't get to a participating location, use SilverSneakers at home or wherever you are.



#### **SilverSneakers LIVE™ virtual classes**

Enjoy LIVE online classes and workshops from the comfort of home. Instructors guide you through a wide variety of fun, interactive classes designed for all fitness levels.



#### **SilverSneakers On-Demand™ video workouts**

Work out at home with videos ranging from easy, low-impact exercises to high-energy cardio. In addition, get information on topics like nutrition, fitness challenges and more.



#### **SilverSneakers GO™ app**

The app gives you workout programs that can be adjusted to your fitness level. Schedule activities and get notifications to stay on track. Download the app from your mobile phone's app store.



#### **At-home workout kit**

Choose from four kits to use at home when working out along with On-Demand videos or on your own. You may order one kit per year. To request a kit, call the SilverSneakers Experience Center at 1-833-226-1271 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m. ET. The call is free.

**How will you use SilverSneakers?  
Learn more and get started now.**

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



## 4 Simple Stretches for Older Adults<sup>3</sup>

Ease stiff joints and improve your flexibility with these gentle moves—including many you can do in a chair! Ready to loosen up? These simple stretches can help.

### How to Use These Stretches

These stretches are meant to be versatile, and you should feel free to use them however they best help you.

Pick one or two stretches to do anytime to relieve joint stiffness or muscle tension. Or do all four together at the end of your normal workout, or on their own as a stretching routine. They're gentle enough to do every day if you wish.

Most of these stretches can be done without any equipment and with minimal space, but you can modify them as needed.

**If you do these stretches as a routine, you'll want clear space and a bench or chair. Get your blood flowing by walking in place for five minutes. Perform each stretch for 10 to 30 seconds and repeat up to three rounds.**

As you stretch, breathe deeply, and go slowly. Listen to your body, and never force a movement that causes pain. It's okay if you can't bend very far now. It's more important to use good form. And with regular stretching, your flexibility will improve. You'll find more tips on exercise and living well at [SilverSneakers.com/Blog](https://www.silversneakers.com/blog).

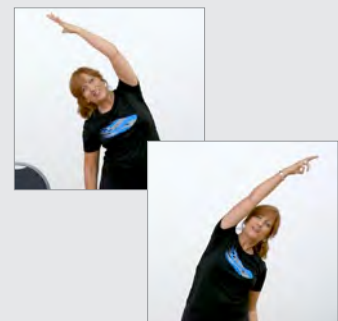
Here's how to perform each stretch. As always, safety is key. The stretches here may be different or more advanced than those you'll experience in a SilverSneakers class<sup>2</sup>. If you have a chronic condition (including osteoporosis), an injury or balance issues, talk to your doctor about how you can exercise safely.

#### 1. Overhead Side Stretch: Hold for 10 to 30 seconds per side

**How to do it:** Stand tall with your feet hip-width apart. Raise your arms overhead. If you'd like, interlace your fingers.

Keeping your torso long, gently lean to the left, and hold for 10 to 30 seconds. Return to center and repeat on the other side.

**Make it easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. If it's uncomfortable to lift your arms overhead, rest your arms on your hips, or keep them down by your sides.



#### 2. Shoulder Stretch: Hold for 10 to 30 seconds per side

**How to do it:** Stand tall with your feet hip-width apart. Reach your right arm across your body. Place your left hand on your upper right arm, and gently draw your right arm closer. Hold for 10 to 30 seconds. Release, switch arms, and repeat.

**Make it easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. If this stretch is uncomfortable, try the shoulder roll. It's a great stretch for your neck and shoulders.

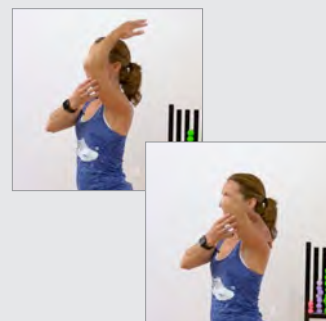


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### 3. Triceps Stretch: Hold for 10 to 30 seconds per side

**How to do it:** Stand tall with your feet hip-width apart. Raise your arms overhead, and bend your right arm so it's behind your head. Place your left hand above your right elbow, and gently draw your right arm in. Hold for 10 to 30 seconds. Release, switch arms, and repeat.

**Make it easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. For a shallower stretch, don't reach your bottom hand as far. Aim for the back of your head rather than the base of your neck.



### 4. Hamstring Stretch: Hold for 10 to 30 seconds per side

**How to do it:** Place your right heel on a bench with your leg straight and toes up. Without rounding your lower back, gently hinge forward from your hips until you feel a comfortable stretch. Hold for 10 to 30 seconds. Release, switch legs, and repeat.

**Make it easier:** Do this stretch while seated in a chair, resting your heel on the floor in front of you.



or

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

- 1 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.
- 2 Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
- 3 Source: <https://www.silversneakers.com/blog/stretching-for-seniors-7-simple-moves-for-the-not-so-flexible/>

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SecureBlue<sup>SM</sup> (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue depends on contract renewal.

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