

Live 2 B Healthy® + SilverSneakers®

In June 2013, Live 2 B Healthy® partnered up with SilverSneakers to offer FLEX through the award-winning SilverSneakers® Fitness Program. With a shared vision and mission, our partnership allows us to bring more fitness programs to seniors across the nation. We strive to improve the physical and mental health to all the many residents in senior communities, senior centers, churches, community centers and recreational venues.

SilverSneakers FLEX is an enhancement to the SilverSneakers® Fitness Program, which engages participants in more frequent strength training, aerobic, and flexibility exercise through access to a variety of venues and programming designed specifically for older adults that incorporates social experiences.

SilverSneakers® is available to Medicare beneficiaries through many Medicare plans, Medicare Supplement carriers and group retiree plans.

For those seniors whose healthcare coverage includes SilverSneakers®, these fitness classes are free of charge!



"It's a great class because everyone can do these exercises. If someone needs an exercise modified, our instructor knows what to suggest. Our instructor is amazing. Everyone loves the class!"

~ Participant
Meadow Wood at Alamo

With the support of a Live 2 B Healthy® Trainer, seniors will meet the fitness goals *they* have set for *themselves*. Participants will not get stuck in a rut doing a routine that is right for someone else.

So, when a senior community chooses Live 2 B Healthy®, they can be certain the exercise program will be tailored to meet the fitness ability and goals of their residents. Not only that, but they will see measurable results with our ongoing fitness assessments that tracks individual and group progress, as well as participation levels.

Live 2 B Healthy® encourages wellness in all facets of health including exercise and nutrition. Our programs promote participants to live a healthier lifestyle through education, fitness, and community. Contact me to learn more:

Contact Name: _____

E-Mail: _____

Phone#: _____

