

# Unit 1 Study Guide



## Lesson 1 - SilverSneakers Introduction

While watching the video, pay attention to the SilverSneakers clientele and their testimonials. List three words that come to mind as you listen to these members describe how SilverSneakers impacts their lives.

- 1.
- 2.
- 3.

How does SilverSneakers make a positive impact with each of these stakeholders?

Members -

Health Plan Partner -

Locations -

## Lesson 2- SilverSneakers Signature Classes

SilverSneakers offers 8 Signature Classes. Using the chart below, fill in keywords for the description, intensity, equipment used, and the member audience.

Signature Format	Class Description	Intensity Scale 1-5	Equipment	Member Audience
SilverSneakers® Classic				
SilverSneakers® Circuit				

SilverSneakers® Yoga				
SilverSneakers® Splash				
SilverSneakers® Stability				
SilverSneakers BOOM® MIND				
SilverSneakers BOOM® MUSCLE				
SilverSneakers BOOM® MOVE				

## Lesson 3 - The SilverSneakers Member Experience

SilverSneakers instructors are **program ambassadors**.

SilverSneakers classes deliver intentional results. Through a comprehensive approach to improving well-being, SilverSneakers members improve physical health and function in daily life, while strengthening social connections and peer support.

What are the program goals of SilverSneakers?

- 1.
- 2.
- 3.
- 4.

The PACE model describes the program attributes that define the look and feel of SilverSneakers. What does PACE stand for and describe how you bring this to life in a SilverSneakers class:

P		
A		
C		
E		

## Lesson 4 - Instructor Requirements

There are two options for teaching SilverSneakers. What are the differences and similarities?

In the Gym Instructors	Flex Instructors

Which option allows you to teach the SilverSneakers signature formats?

Which option allows you to teach non-signature formats?

What are the initial requirements for teaching SilverSneakers?

	In the Gym Instructor	Flex instructor (signature)	Flex instructor (non-signature)

What are requirements for maintaining your SilverSneakers license?

	<b>In the Gym Instructor</b>	<b>Flex instructor (signature)</b>	<b>Flex instructor (non-signature)</b>