



SILVERSNEAKERS® FITNESS WORKSHOP  
**THE HAPPINESS EFFECT**

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*Discover how fitness and friends can improve your mood.*



**SilverSneakers**

# Welcome

We wanted to let you know more about your SilverSneakers benefit.

With this benefit you have:

- support from trained instructors<sup>6</sup>
- classes for all fitness levels<sup>6</sup>
- access to basic amenities at 16,000+ participating locations nationwide<sup>4</sup>
- group fitness outside traditional gyms
- SilverSneakers On-Demand™ plus health and nutrition tips
- adjustable workout programs tailored to individual fitness levels with the SilverSneakers GO™ mobile app

We're looking forward to showing you how living an active life with SilverSneakers can help improve your life – in both mind and body.

**Best in health,**

Your friends at SilverSneakers



*Happiness is when what you think, what you say,  
and what you do are in harmony."*

*- Mahatma Gandhi*





SILVERSNEAKERS® FITNESS WORKSHOP

# TODAY'S AGENDA

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**LEARN** – *How regular exercise can make you feel better*

**CONNECT** – *The importance of making friends*

**PLAN** – *Preparation is key*

**DO** – *Learn exercises you can start doing today*





## 5 FUN ACTIVITIES TO BOOST YOUR MOOD

Regular exercise is a natural way to fight anxiety, reduce depression, and boost your mood. A good workout kicks your body's feel-good chemicals (endorphins) into high gear.<sup>1,2</sup>



### Find a great path, grab a friend and take a walk.

Wear comfortable shoes, take water and a snack if needed. Hilly terrain makes for an even better cardio and endurance workout. Always let someone know where you're headed and when you expect to be back and choose routes that are well-lit if you're walking in the evening.



### Do some gardening.

Planting new shrubs or flowers and mowing the lawn can be great ways to raise your heart rate and burn some calories. In fact, raking leaves is considered a moderate workout.



**Walk the dog.** Enjoy the great outdoors and fresh air with your pooch. Extend your walk by 15 minutes or add an additional walk to your daily routine. Fido will enjoy it as much as you do.



**Dive in.** Whether in a community pool or at a local lake, swimming is a great exercise. It builds strength and endurance and is easy on your joints.



**Pedal along.** Schedule a bicycle tour of your city or town. Attach a basket and use your bike for errands and shopping (buy a lock too). Join the grandkids or neighbor kids on a ride to the park.



## SELF-REFLECTION

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It's important to take time to think about the things in our lives that make us happier, and the things that don't (so we can avoid them when possible). Use the guide below to help with your reflection.

\_\_\_\_\_ makes me feel relaxed.

\_\_\_\_\_ makes me feel joy.

\_\_\_\_\_ makes me feel grateful.

\_\_\_\_\_ makes me feel energetic.

\_\_\_\_\_ makes me feel calm.

\_\_\_\_\_ makes me feel content.

\_\_\_\_\_ makes me feel peaceful.





## THE IMPORTANCE OF FRIENDS

Research suggests that social connections are tied to our well-being.<sup>3</sup> Examples of the reported benefits of socializing include:

### Lower levels

of chronic pain than those who report being lonely

### More sleep

and better quality of sleep

### Regular screenings

and earlier diagnosis

### Improved

mental health

### Better

cognitive function

### Lower

blood pressure

### Lower levels

of inflammatory diseases



## 10 WAYS TO MAKE NEW FRIENDS

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1. Try educational classes – learn the piano, try ceramics, or a writing class
2. Accept invitations: Even if it may not be your idea of a perfect time, you never know when you will meet new and interesting people
3. Join a club
4. Volunteer
5. Consider starting a part-time job
6. Meet like-minded people by taking part in activities you enjoy (pickle ball, fishing, community gardens, craft meetings)
7. Take part in alumni groups
8. Take a risk: Put yourself out there and invite someone who you connect with out for coffee or lunch
9. Become a regular at your local gym or community center
10. Use technology to strengthen relationships

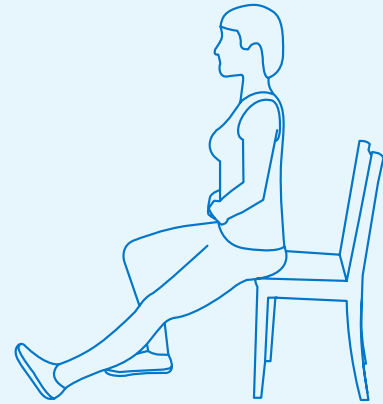
DO



## AT-HOME EXERCISES

### SEATED HAMSTRING STRETCH

1. Position yourself toward the front of a chair with your feet hip-width apart.
2. Sit upright and tighten your stomach muscles.
3. Stretch your right leg forward, leaving a slight bend at the knee, and point your toes up.
4. Place your hands on the thigh of your left leg.
5. Keep your back flat and lean forward from the hip at no more than 45 degrees.
6. Stop when you feel a stretch in the back of the right leg. Hold for 15-30 seconds.
7. Repeat with the other leg.



*Tip:* This exercise can also be done in a standing position. Keep back flat for duration of exercise.

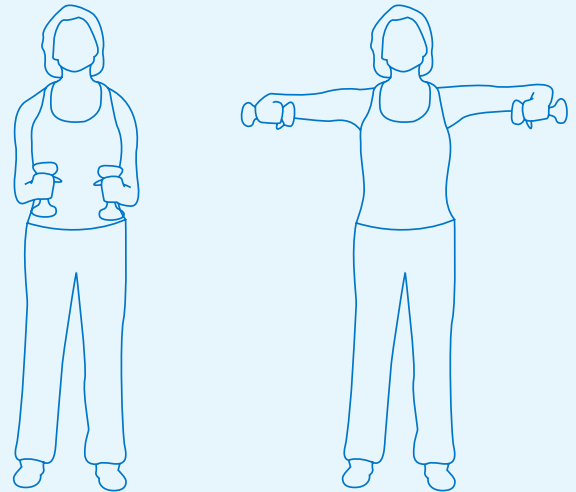
Please talk with your doctor before starting any exercise program.





## LATERAL RAISE

1. Hold dumbbells in front of your thighs with elbows slightly bent.
2. Bend over slightly with forward flexion at the hips and knees bent slightly.
3. Raise upper arms to sides until elbows are shoulder height.
4. Maintain elbows' height above or equal to wrists. Lower and repeat.



## DIAPHRAGMATIC BREATHING TECHNIQUE

To perform this exercise while sitting in a chair:

1. Sit comfortably with your knees bent and your head, neck and shoulders relaxed.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.



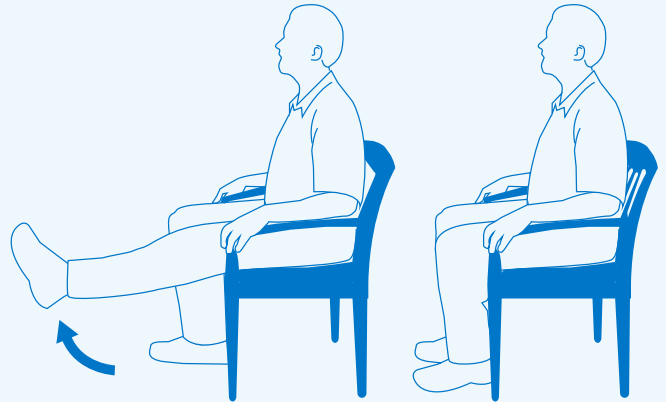
*Note:* You may notice an increased effort will be needed to use the diaphragm correctly. At first, you'll probably get tired while doing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic.



## AT-HOME EXERCISES CONTINUED

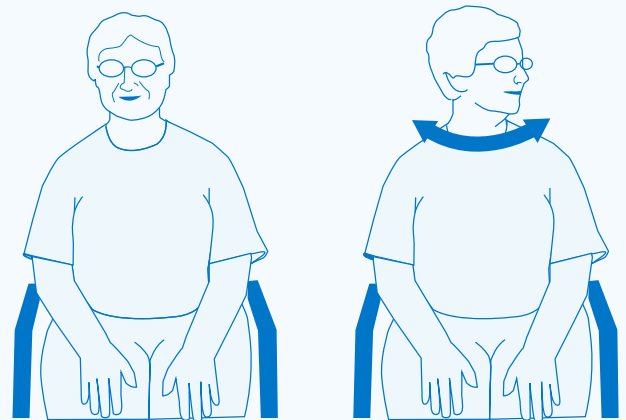
### KNEE EXTENSION

1. Straighten and lift one leg, and hold while you slowly count to 5. Be sure you don't lock your knee.
2. Slowly lower your leg back down.
3. Repeat 8 to 12 times.
4. Do the exercise with the other leg.



### NECK ROTATION

1. Keeping your chin level, turn your head to the left and hold for at least 15 seconds.
2. Turn your head to the right and hold for at least 15 seconds.
3. Repeat 2 to 4 times on each side.




*I am stronger and healthier [than I was before I started]. My mood is better, I sleep well and my weight remains stable. My day just doesn't feel right if I miss my morning hour at the gym.”<sup>5</sup>*

*– Brenda, SilverSneakers member*

# CREATE YOUR OWN ACTIVITY CALENDAR



Make it a goal to get out of the house several times each week.  
Use the activity calendar below to plan out your week.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <p>Small, consistent improvements over time equal BIG results.” - Jim Rohn, Motivational Speaker</p>			

Fill in your calendar dates

# GET MORE ONLINE

You've read your Happiness Workbook and learned tips for living a healthier, happier lifestyle.

## What's next?

Join the SilverSneakers online community to take care of little details and find big inspiration.



Get your SilverSneakers ID number.



Go to the blog for great content on exercise, health, nutrition, community and living well.



Find participating locations that are right for you.<sup>4</sup>



Work out along with SilverSneakers On-Demand™ videos.



See what classes you want to take.



Download the SilverSneakers GO™ app for workout plans and exercises customized for you.



Become a Facebook friend to stay connected with other members and get the latest news: [Facebook.com/SilverSneakers](https://www.facebook.com/SilverSneakers)

## Get active, feel better.

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

**1-888-423-4632** (TTY: **711**) Monday – Friday 8 a.m. – 8 p.m. ET



**Always talk to your doctor before starting a physical activity program.**

1. [ncbi.nlm.nih.gov/pubmed/25739893](https://pubmed.ncbi.nlm.nih.gov/25739893/)

2. [ncbi.nlm.nih.gov/pubmed/29150166](https://pubmed.ncbi.nlm.nih.gov/29150166/)

3. <https://www.psychologytoday.com/us/articles/200307/the-dangers-loneliness>

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

5. Results vary. Not all participants will achieve these results or benefits.

6. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

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