



# SILVERSNEAKERS STEPS

Your guide to fitness



# WALKING KIT

**Included in the Walking kit:**  
Pedometer to track daily steps



Track your steps and capture distance and calories burned. Just wear it from the time you get up in the morning until you go to bed at night. (Remember to take it off if you'll be doing activities where it could get wet.)

## Health benefits of walking

Regular brisk walking may help you:<sup>2</sup>

- maintain a healthy weight
- prevent or manage conditions like heart disease, high blood pressure and type 2 diabetes
- strengthen your bones and muscles
- improve your mood
- improve your balance and coordination

Ready for more of a challenge? Go to a participating gym of your choice and join a class. Or visit our SilverSneakers LIVE classes offered daily at [SilverSneakers.com](https://www.silversneakers.com).

2. [mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261)

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

To help you get started, here’s an 8-week walking schedule from the Mayo Clinic. Log in to your SilverSneakers.com account for more exercises, including warm-ups you can do before your walk. We recommend working out three to five times a week.

Week	Warm-up	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes

### Walking challenge

If you’re walking for 30 minutes, three times a week, challenge yourself to go longer. Try to walk for 50 minutes, three times a week.

# STRENGTH KIT

Included in the Strength kit:  
Resistance tubing



Your Strength kit is designed to help you improve muscular strength and overall physical health. Did you know strength training may help you develop strong bones, manage your weight, manage chronic conditions and sharpen your thinking skills?<sup>4</sup> We've included exercises to get you started.

## Strength exercises

### Instructions

Make sure the band is secure in each hand before beginning.

Do the exercises only as shown, with proper posture. If you feel any discomfort, stop immediately.

<sup>4</sup> [mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670)

## Strength exercises to try

### Biceps Curl

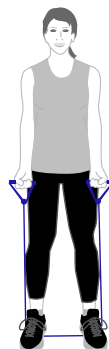
Stand with feet shoulder-width apart with your feet placed over the middle of the band.

Grab a handle in each hand, starting with your arms down at your sides.

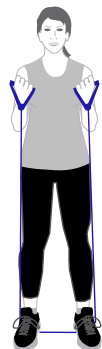
With palms facing forward, pull your arms toward your shoulders by bending at the elbow until you get a good bicep contraction. Slowly lower back down. Return to start and repeat for 12 to 15 reps.

*For less resistance, place the tubing under one foot instead of both feet.*

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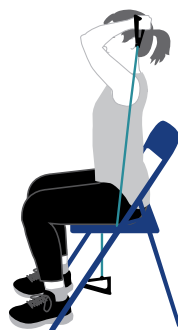
### Overhead Triceps Extension

Sit on a chair or bench, placing one end of the resistance band beneath your glutes. Place your left palm up in the left handle, rotate your palm forward and stretch your arm up, bending your elbow so your hand is positioned behind your neck.

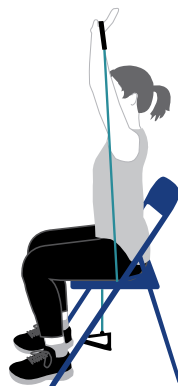
Adjust the slack in the tubing by pulling under your glutes towards the right side to create more resistance. Press your hand straight up until your arm is fully extended, keeping your elbow close to your ear.

You can hold your elbow with your right hand to help stabilize it. Lower back down and repeat for 10 to 12 reps before switching sides.

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# TONING KIT

**Included in the Toning kit:**  
SilverSneakers exercise ball\*



Your Toning kit is designed to increase endurance and strength, which may allow you to perform daily activities with less effort. Included in this kit is our signature SilverSneakers ball which is used in many of our classes. You can use this piece of equipment for a variety of exercises to improve flexibility, strength and toning.

## Toning exercises

### Instructions

Remember to breathe as you do each exercise.

Complete 1 to 3 sets of 8 to 12 repetitions for each exercise. Rest for 30 to 60 seconds between each set.

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



## Toning exercises to try

### Ball Squeeze

From a seated position, sitting tall, scoot slightly forward in the chair until your back is no longer touching the chair and your hips are centered in the seat.

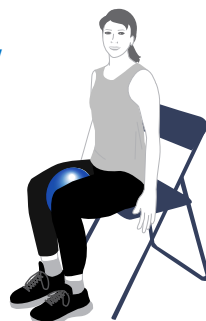
Place the SilverSneakers ball between your thighs, making sure to avoid the knee joint.

Squeeze the ball 10 to 12 times, focusing on the inner thigh and gluteal muscles.

Front View



Side View



### Chest Press

From a seated or standing position, hold the SilverSneakers ball in both hands, placing the ball directly in front of your sternum (mid chest) with elbows relaxed down next to your sides.

Press both palms toward the center of the ball, squeezing the ball while the ball remains stationary, directly in front of the chest. (This is a very small range of motion, much like a pulse.) During this movement, be certain to sit up tall with your shoulders relaxed back and down.

Pay special attention to the muscles of the chest as you continue to push inward on the ball. Complete 10 to 12 repetitions.

Front View



Side View



# YOGA KIT

**Included in the Yoga kit:**  
Yoga strap



Practicing yoga may help you improve your balance. It may also increase your flexibility, range of movement and reduce stress.

## Practice makes perfect

Begin your yoga practice two or three times a week for 20 minutes. Work your way up to 60- to 90-minute sessions by gradually increasing your sessions each time.

## Yoga is great for beginners

You don't need to be flexible to begin yoga. In fact, yoga can help you improve your flexibility. It may also help lower blood pressure, cholesterol and blood sugar, all of which are good for your heart and blood vessels.<sup>5</sup>

Take the next step in your fitness journey! Visit [SilverSneakers.com/Locations](https://SilverSneakers.com/Locations) to find a yoga class near you. Or visit our SilverSneakers LIVE classes offered daily at [SilverSneakers.com](https://SilverSneakers.com).

5. [health.harvard.edu/staying-healthy/yoga-benefits-beyond-the-mat](https://health.harvard.edu/staying-healthy/yoga-benefits-beyond-the-mat)



## Yoga poses to try

### Cowface Pose

Lift one arm overhead and bend the elbow to lower the strap toward the middle of the back.

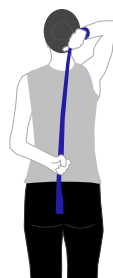
Draw the opposite arm down and behind the back. Reach the fingers around the strap.

To increase shoulder range of motion, work the hands closer together behind the back, using the strap for support.

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### Forward Fold

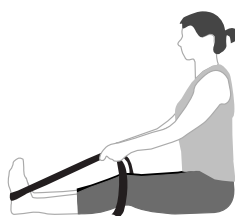
Seated comfortable on the floor, extend the legs and draw the strap around the bottom of both feet.

Lengthen the spine and hold the ends of the strap comfortably.

To deepen the stretch, lean forward and hinge from the hips, pulling more tension on the strap.

Keep the knees as bent as needed with the spine long and the legs engaged.

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