

For a healthier mind
and body:

Exercise works.



Brain

Sharper thinking, learning
and judgment skills



Heart

Lower resting heart rate and
reduced risk of heart disease



Lungs

Greater lung capacity



Weight

Increased metabolism
and calories burned



Muscles

Improved balance and
reduced risk of falls



Joints and bones

Improved range
of motion



Energy level

Better sleep, reduced fatigue

You can experience these benefits by
participating in SilverSneakers FLEX® classes!
silversneakers.com/flex



FLEX
Community
Fitness Classes

<City
Class Location
Address
Date
Time>
<Special
instructions>
<Instructor name,
phone number>