

Humana Silver and Fit™ Fitness Program Proactive Healthcare

PHOTOGRAPHY BY CAROL CIMINI

The Humana company has taken strides to keep their clients healthy and active. The Silver & Fit™ program is designed to provide a happier and more productive lifestyle for members at no extra cost. The activities can range from dance classes to walking on a treadmill or simply interacting socially with other active seniors. The Silver & Fit™ program focuses on keeping seniors healthy both physically and mentally.

Humana's Medicare Advantage plans provide seniors many benefits in addition to health care. One of the most unique is the Silver & Fit™ fitness program, which is available to Humana members for no cost.

Upon enrollment in the Silver& Fit™ program, Humana members receive a no-cost membership at a nearby participating fitness club. The Silver& Fit™ membership includes all of the standard amenities offered by that club's basic membership, plus Silver& Fit™ customized senior-specific exercise and healthy aging classes at some clubs. Members may also participate in social activities that help seniors meet other seniors.

"The long-term health benefits of regular exercise for senior adults are compelling," said Oraida Roman, who is president of the Las Vegas area's Humana Senior Products. "In addition to helping seniors stay physically healthy, Silver& Fit™ also

offers a great way for them to socialize, meet new friends and have fun."

Seniors who are not able to participate at the fitness club or simply prefer to work out at home may participate instead in the Silver&Fit@Home™ program. Upon enrollment, seniors receive an Exercise Kit and a Walking Kit, which include tools to help them perform exercises at home. Silver&Fit@Home™ members may receive DVDs or Internet access to the same classes offered at the exercise facilities.

Silver& Fit™ members receive a quarterly newsletter, access to the SilverandFit.com Web site, and a toll-free hotline to provide information and answer questions about the program.

"Silver& Fit™ provides health programs that

can transform a senior's life," Roman said. "Humana is taking a proactive step in ensuring a healthier life for its members in Las Vegas."

The Silver& Fit™ program was developed to assist seniors in beginning or continuing a regular exercise program. Regular exercise has shown to be an important element in preventing some medical conditions, including high blood pressure and heart and lung disease. Cardiovascular and strength training can also help seniors improve their balance and become more flexible, preventing common slips and falls and speeding up the recovery period from such injuries. Access to the network of exercise facilities is provided through ASH subsidiary American Specialty Health Networks, Inc. [NSM](#)



Members at 24 Hour Fitness Rainbow Sport in Las Vegas participate in a Silver & Fit group exercise class. Silver & Fit classes are offered at select 24 Hour Fitness club locations nationwide. Please log-in to www.24HourFitness.com to view a list of club locations and class times.