

Enjoy the Freedom of Home Fitness

The Silver&Fit® program helps you stay active! No matter where you live or where you like to work out, enjoy one Home Fitness Kit per benefit year.*

Choose one kit from the following:

Wearable Fitness Tracker Kit with Fitbit® or Garmin® options

Beginner Yoga Kit with a mat and hand towel

Walking/Trekking Kit with 2 foldable walking poles

Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks

Pilates Kit with a Pilates ball and towel

Beginner Strength Kit with 2-pound dumbbells and exercise bands

Beginner Swim Kit with swimming goggles and a kickboard

Intermediate Strength Kit with 3-pound dumbbell and exercise bands

Advanced Swim Kit with aquatic resistance gloves and a pull float

Advanced Strength Kit with 5-pound dumbbells and exercise bands

To order your Home Fitness Kit, please visit www.SilverandFit.com.

Once you choose a kit, you will get an online promo code and instructions on how to redeem the code. After you redeem the code, your kit will be mailed to you within 10 days!

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 6 a.m. to 7 p.m. Mountain Standard Time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. Silver&Fit and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Kits are subject to change.

M950-1032E-BANH Home Fitness Kits Flier 01/23 © 2023 American Specialty Health Incorporated (ASH). All rights reserved.

