

# Enjoy the Freedom of Home Fitness

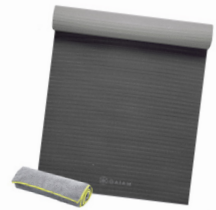
The Silver&Fit® program helps you stay active no matter where you live or where you like to work out!

Choose one Home Fitness Kit per benefit year:\*

Fitbit® or Garmin®  
Wearable Fitness  
Tracker Kit



Beginner Yoga Kit  
with a mat and  
hand towel



Walking/Trekking  
Kit with 2  
walking poles



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



Pilates Kit with  
a Pilates ball  
and towel



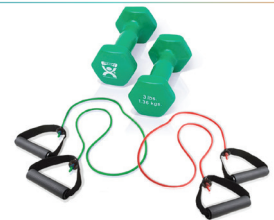
Beginner Strength  
Kit with 2-pound  
dumbbells and  
exercise bands



Beginner Swim Kit with  
swimming goggles and  
a kickboard



Intermediate  
Strength Kit with  
3-pound dumbbells  
and exercise bands



Advanced Swim Kit  
with aquatic resistance  
gloves and a pull float



Advanced Strength  
Kit with 5-pound  
dumbbells and  
exercise bands



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To order your Home Fitness Kit, please visit [www.SilverandFit.com](http://www.SilverandFit.com).

Once you choose a kit, you will get an online promo code. Follow the instructions on how to redeem the code. Your kit will be mailed to you. Shipping times for kits may vary.

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.

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

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