The Silver&Fit Healthy Aging and Exercise program includes a robust fitness center network and the Home Fitness program, which allows you to be active without having to visit a fitness center or YMCA.

No matter where you live, get fit on your own terms when you choose up to 2 kits per benefit year from our selection of 35 unique options and have them mailed directly to your home!

Available kits including a DVD, instructional booklet, and Quick Start guide:

- Aquatic Exercise
- Athletic Conditioning
- Barre Fitness
- Barre Fitness for All Levels
- Cardio & Strength
- Cardio Blast
- Cardio Pump
- Cardio Quick Fix
- Chair Aerobics
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Pilates
- Chair Resistance Band*
- Chair Tai Chi
- Chair Yoga
- Circuit Burn
- Diabetes Workout
- Exercise for the Bedridden and Physically Challenged
- Fitbit® Connected!*
- High Energy Cardio
- High Intensity Bootcamp
- Lean Body Circuits
- Signature Series I: Explore
- Signature Series II: Experience
- Signature Series III: Excel
- Stress Management*
- Tai Chi*
- Tai Chi for Balance
- Total Body Workout
- Upper & Lower Body Workouts
- Walking*
- Yoga*
- Your Best Body Workout

For more information about the Silver&Fit program, please visit www.hap.org. If you have questions, please call 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.
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Health Alliance Plan (HAP) has HMO, HMO-POS, PPO plans with Medicare contracts. Enrollment depends on contract renewal. This information is not a complete description of benefits. Call Silver&Fit Customer Services at (877) 427-4788 (TTY: 711) for more information.

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*Fitness kits including exercise equipment or alternate materials. Not all kits include a DVD.

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