

Overview of SilverSneakers®, Renew Active®, and Silver&Fit®

Our goal is to improve the well-being of everyone by engaging individuals in sustained behavior change that helps them live longer, happier, and more productive lives.

Renew Active®, SilverSneakers®, and Silver&Fit® have partnered to provide an exercise program that will meet the goals of their organization. These fitness programs are fun, energizing programs that help older adults take greater control of their health by encouraging physical activity and offering social events. Our fitness trainer has certification for these classes that we provide.

The SilverSneakers Fitness Program® is the nation's leading fitness program designed exclusively for older adults. Renew Active® has been providing innovative health benefits for older adults for more than two decades.

Today, more than 65 Medicare health plans offer the program as a benefit to members across the nation. If you have any of these three programs, membership at Generation is covered by these plans. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance, and endurance. Each program has a set desired purpose, and that is to keep you feeling young and active through exercise.