

# SilverSneakers

at UP Health System - Portage



UP Health System - Portage is now a participant in the SilverSneakers Fitness Program at the Fitness Center on Sharon Avenue in Houghton.

The SilverSneakers Fitness program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. A SilverSneakers fitness membership includes:

- Access to amenities such as state-of-the-art fitness equipment, private locker rooms, sauna's, private showers, friendly and helpful staff and a fitness cinema.
- Most importantly, memberships are available at little or no cost through many health plans.

Regular participation in SilverSneakers can help individuals build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved healthy and great independence.

Many Medicare health plans, Medicare Supplement carriers or group retiree plans may include SilverSneakers as part of their benefit packages.



Visit [silversneakers.com](http://silversneakers.com) or call 1-888-423-4682 to verify eligibility.

Individuals can also call the Fitness Center at 906-483-1149 for more information.

**UP** HEALTH SYSTEM  
FITNESS CENTER