



City of Detroit Retirees

The Silver&Fit® Healthy Aging and Exercise program is designed to support every unique member.

Enjoy all of the following—anytime, anywhere, at no cost to you:



Use 8,800+ Digital Workout Videos

Go to www.hap.org or download the ASHConnect™ mobile app to view workout videos, perfect for all fitness levels.



Healthy Aging Coaching

Coaches will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone sessions.



Workout Plans

Answer a few online questions about your fitness level and goals to get workouts to help you start an exercise routine.



Home Fitness Kits

Pick your favorite kit (one per benefit year):*

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit



Standard Fitness Network Choices

Work out at one of 15,000+ participating fitness centers or selects YMCAs, many with exercise classes for older adults.

Go to www.hap.org to get started today!

For questions, call us toll-free at 1-877-427-4788 (TTY/T DD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific 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.