

# NEWS Release



Waterford at Fairway Village

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## **WATERFORD HEALTH FAIR TO PROVIDE RESOURCES FOR FITNESS — AND A LIFETIME OF BENEFITS**

VANCOUVER, Wash. — Mark your calendars now and plan to attend Waterford's health and wellness fair Wednesday, May 31, 2006. This is National Senior Health & Fitness Day, which is marking its 13th year as the nation's largest health promotion event for older adults. This year's theme, "Fitness — A Lifetime of Benefits," highlights the many advantages that result from practicing a healthy lifestyle.

Waterford's fair runs from 10 a.m. to 1:30 p.m. at 2911 S.E. Village Loop, Vancouver. Citizens can join a representative from the Vancouver mayor's office in the lobby at 10 for a wellness walk throughout the Fairway Village neighborhood. Two health presentations — "Living with Arthritis" (11 a.m.) and "My Aching Back (noon) — will present the latest thinking on these topics that affect thousands of people. Health screenings include audiology, blood pressure, balance, vision, and sleep apnea. Several local companies and agencies will be on hand to offer up-to-date health and wellness information. Participants include Oriental College of Medicine, Reflexology, Camas Chiropractic Clinic and Evergreen Audiology.

The event will include refreshments and prizes, and there is no admission charge. For more information, contact Waterford Health & Fitness Club Director Carol McCann at (360) 433-6400.

"We now know that even small increases in physical activity can lead to better health," points out McCann. "This fun day will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle." She adds that people will be able to learn about local

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resources and to pick up tips they can incorporate immediately into their daily lives.

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary. Over the past five decades, it has established several key points relating to health and fitness, including:

- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.
- Significant health benefits can be obtained by including a moderate amount of physical activity, such as 30 minutes of brisk walking or raking leaves, 15 minutes of running or 45 minutes of playing tennis. Additional health benefits can be gained through greater amounts of physical activity.
- Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day have a significant health benefit.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes and certain cancers.

National Senior Health and Fitness Day is always held the last Wednesday of May as part of Older Americans Month. It's estimated that 150,000 older adults will participate in celebrations around the country this year.

Waterford offers resort-style retirement for adults 55-plus and is home to more than 155 people. A wide range of single-level homes, apartments and living options is available.