

NEWS RELEASE



Waterford at Fairway Village

FOR IMMEDIATE RELEASE

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“MAKE EVERY DAY A FITNESS DAY!” **WATERFORD IS HOSTING AREA’S** **NATIONAL SENIOR HEALTH & FITNESS DAY EVENTS**

VANCOUVER, Wash. — People ages 55-plus are invited to participate Wednesday, May 30, 2007 in the Vancouver-area’s only site celebrating National Senior Health & Fitness Day (NSHFD). Activities get under way at 10 a.m. at Waterford at Fairway Village, 2911 SE Village Loop in Vancouver. More than two dozen community groups will be providing a variety of fun, healthy activities; food and prizes through 2 p.m. The event is being cosponsored by the Arthritis Foundation.

The Honorable Royce Pollard, mayor of Vancouver, has proclaimed May 30 National Senior Health & Fitness Day in the city of Vancouver, Washington, and he will lead one of three walks around the Waterford neighborhood. Now in its 14th year, NSHFD is the nation’s largest health promotion event for older adults and always is held the last Wednesday of May as part of Older Americans Month. This year’s theme — “Make Every Day A Fitness Day!” — emphasizes the importance of a regular fitness program for older adults.

Special demonstrations and presentations include:

- 11 a.m.** — Swing n Sway fitness class demonstration
- 11:30 a.m.** — Healthy Aging presentation
- 12 p.m.** — Balance fitness class demonstration
- 12:30 p.m.** — Waterford Stepping Out Walking Club presentation
- 1 p.m.** — Posture fitness class demonstration

Participating organizations include Meridian Therapeutics (acupuncture), Evergreen

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Audiology (hearing screenings), Camas Chiropractic (posture screenings), Arbonne Beauty Shop, Diabetic Supplies, Permanent Cosmetics, Priority Footwear, Sterling Health Plans, Waterford Home Health & Home Care, Gayle Scott (massage therapy), Mattress Factory Outlet, Pacific Medical, Paul Rosen, J.D., L.Ac (nutrition and heart rate variable testing), On Sight Optical (eyeglass adjustments), Vancouver Podiatry, Cascade Park Care Center, Highland Terrace, Southwest Medical Center's Weight Management program and Waterford Rehabilitation & Aquatic Therapy.

There is no charge for the event. For more information, people can call (360) 254-2866.

“Substantial research has confirmed that being physically active on a daily basis is the number one predictor of aging well,” says Waterford Health & Fitness Club Director Kim Lehmann. “Improved quality of life as well as reduced disability and greater strength, balance, flexibility and cardiovascular health are a few of the measurable benefits.”

A coalition of organizations from around the nation has produced *The National Blueprint: Increasing Physical Activity Among Adults Age 50 and Older* as a guide to help organizations, agencies and other groups increase physical activity among mid-life and older adults. According to the report, “The key to success lies in developing and channeling resources, and working collaboratively to move the evidence about the benefits of physical activity into national action.” The report outlines specific steps and strategies; a copy of the report is available at www.AgingBlueprint.org.

An estimated 150,000 older adults will participate in NSHFD events around the country this year.

Opened in 1998, Waterford at Fairway Village is home to more than 200 people and is located adjacent to the Fairway Village 55-plus community and public golf course. Waterford offers a range of homes and lifestyle options. A health and fitness club is open to anyone over 40 and features a variety of fitness classes, specialized equipment and a 25-yard pool.