

NEWS Release



Waterford on Saddle Drive

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

HELENA, Mont. — Mark your calendars now and plan to attend Waterford’s two-day health and fitness fair for older adults beginning Wednesday, May 31 — National Senior Health & Fitness Day (NSHFD). Now in its 13th year, NSHFD is 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.

On May 31, the event runs from 10 a.m. to 3 p.m. at Waterford, 915 Saddle Drive, Helena. More than a dozen local companies and agencies will be on hand offering demonstrations and making presentations on a range of topics, such as healthy foot care, hearing, balance and skin cancer prevention. Participants include Rocky Mountain Development Council, Bergum Drug, Mountain West Bank Summit Club, Lewis & Clark Library, Big Sky Hearing and Balance, Mountain View Eye Care and Real Food Store.

On June 1, the fun gets under way at 10 a.m. at Helena’s Spring Meadow Lake, 930 Custer Avenue West. Attendees will be able to take part in a Stepping Out walk and a variety of recreational demonstrations through 1 p.m. Fly-fishing, golfing and stretching are among the activities to be demonstrated.

Both days will include refreshments and prizes. For more information, contact Waterford’s Life

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Enrichment Director Susan Hill at 449-4900.

“We now know that even small increases in physical activity can lead to better health,” points out Hill. “These two days will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle.” She adds, “These events devoted to senior health and fitness offer an enjoyable and entertaining way for people to find out about health-related resources and to pick up tips they can introduce into their daily lives.”

This year, the President’s Council on Physical Fitness and Sports celebrates its fiftieth 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 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.