

NEWS RELEASE



Waterford on Saddle Drive

FOR IMMEDIATE RELEASE

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

HELENA, Mont. — People ages 55-plus are invited to participate in Waterford’s two-day health and fitness fair on Wednesday, May 30 and Thursday, May 31, 2007. Waterford on Saddle Drive is the Helena area’s only site celebrating National Senior Health & Fitness Day (NSHFD), which 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. Now in its 14th year, NSHFD is the nation’s largest health promotion event for older adults.

On May 30, activities run from 10 a.m. to 2 p.m. at Waterford, 915 Saddle Drive. More than a dozen local businesses and agencies will provide a variety of fun, healthy activities, with an emphasis on active living. Waterford’s Dietary team will demonstrate nutritious food and offer samples. Participants include Rocky Mountain Development Council, Mountain West Bank, Bergum Drug, Real Food Store and Montana Telecommunications Program.

On May 31, the fun moves to Helena’s Spring Meadow Lake (930 Custer Avenue West). Between 10 a.m. and 1 p.m., people are invited to participate in a Stepping Out walk and picnic.

There is no charge for the two-day event. For more information, people can call Waterford Life Enrichment/Wellness Director Susan Hill at (406) 449-4900.

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According to Hill, substantial research has confirmed without any doubt that being physically active on a daily basis is the number one predictor of aging well. “The benefits can be measured in greater strength, balance, flexibility and cardiovascular health as well as improved quality of life and reduced disability,” she says.

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.

Waterford offers resort-style retirement and is home to approximately 150 people. A wide range of homes and lifestyle options is available.