

NEWS Release



Waterford on South Hill

A Touchmark® community
Touchmark—celebrating 25 years

FOR IMMEDIATE RELEASE

May 19, 2005
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GET MOVING ... AT THE WATERFORD ... IT'S A STEP IN THE RIGHT DIRECTION

(SPOKANE, Wash.)—On Wednesday, May 25, 2005 Spokane-area seniors are invited to participate in the kick-off party and walk for the Waterford and PED Summer Walking Challenge. Located at 2929 S. Waterford Drive, Waterford is serving as an official host site for National Senior Health and Fitness Day, and fun activities are planned beginning at 2 pm.

“Experts know that even small increases in physical activity can lead to better health,” points out Waterford’s Life Enrichment and Wellness Director Betty Doerschlag. “This day gives older adults an opportunity to begin or renew a commitment to fitness and to celebrate an active lifestyle.”

Registration gets under way at 2 pm. Physical Therapist Lori McCormick and educator Jim Olson will present information and tips about fitness. After a community walk around the neighborhood, people will enjoy healthy refreshments and be able to register for door prizes

There are many ways to work fitness into the daily routine, and the rewards are significant. Current research shows that physical exercise is essential to maintaining good blood flow to the brain and encouraging new brain cells. According to a growing body of evidence, physical exercise is most effective when done regularly and in combination with a

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brain-healthy diet, mental activity, and social interaction.

“To gain the many significant health benefits from moderate exercise, people should engage in regular physical activity on all—or most—days of the week,” says Doerschlag. She adds that exercise can be fun. “This day devoted to senior health and fitness is an enjoyable and entertaining way for folks to find out about health-related resources and to pick up tips they can introduce into their daily lives.”

National Senior Health and Fitness Day is always held on the last Wednesday of May as part of Older Americans Month. May is also National Physical Fitness and Sports Month. It’s estimated that 150,000 older adults at more than 1,000 locations will participate around the country.

Opened in 1991, the Waterford is home to more than 300 people. The 55+ resort-style community provides a broad range of housing and lifestyle options.