

NEWS RELEASE



Waterford on South Hill

FOR IMMEDIATE RELEASE

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“MAKE EVERY DAY A FITNESS DAY!”
WATERFORD IS HOSTING AREA’S
SUMMER WALKING CHALLENGE KICKOFF AND
NATIONAL SENIOR HEALTH & FITNESS DAY

SPOKANE, Wash. — Waterford on South Hill is Spokane’s site for the area’s Walking Challenge kickoff party and National Senior Health & Fitness Day (NSHFD) celebration on Wednesday, May 30. The event will begin at 2 pm at 2929 S. Waterford Drive, Spokane.

Sponsored by P.E.D. (Prevention, Education, Development, a local nonprofit organization promoting wellness among older adults), the annual walking competition will attract six retirement communities and three senior centers this year.

Kevin Hennessey, board member of Friends of the Centennial Trail, will give a presentation about the history of Spokane’s Centennial Trail and share information about the nonprofit’s mission and current projects. Attendees then will embark on a one-mile walk around the South Hill neighborhood followed by refreshments and door prizes. There is no admission charge. For more information, contact Waterford’s Life Enrichment/Wellness Director Betty Doerschlag at (509) 536-2929.

Communities and senior centers participating in the Walking Challenge compete for three traveling trophies that recognize (1) the most miles walked per participant; (2) the most-improved mileage and (3) the greatest percentage of participants.

Now in its 14th year, NSHFD is the nation’s largest health promotion event for older

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adults and 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.

"Substantial research has confirmed without any doubt that being physically active on a daily basis is the number one predictor of aging well," says Waterford Health and Fitness Center Director Lori McCormick. "The benefits can be measured in greater strength, balance, flexibility and cardiovascular health as well as reduced disability and improved quality of life."

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 1991, Waterford on South Hill is home to approximately 300 people. The full-service retirement community offers a wide range of homes and lifestyle options.