

For Immediate Release

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PLANO SENIOR CENTER PRESENTS 14TH NATIONAL SENIOR HEALTH AND FITNESS DAY 2007

Seniors Get Into Fitness

There are as many ways to work fitness into the daily routine as there are people, and local seniors will check some of them out on the 14th Annual National Senior Health and Fitness Day (NSHFD), Wednesday, May 30. Plano Senior Center will serve as an official local host site nationwide. Beginning at 9 A.M, participants will join an estimated 150,000 seniors at more than 1,000 locations - all on the same day - as they walk, dance, play and learn their way to better fitness and health.

Each year, event coordinators in every state invent imaginative ways to engage seniors in regular exercise. Experts know that even small increases in physical activity can lead to better health. NSHFD gives older adults an opportunity to begin or renew a commitment to fitness and to celebrate the active senior lifestyle.

Lawrence Pero says, "We want to demonstrate that exercise can be fun. Our ultimate goal is to have seniors look forward to this chance to experience some appropriate and enjoyable forms of exercise. It's also a great opportunity for them to find out about health-related resources in our community."

The Surgeon General's Report on Physical Activity and Health concludes that "older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily." Among the benefits are increased cardio respiratory endurance, as well as stronger muscles, which help reduce the risk of falling and improve the ability to perform the routine tasks of daily life. Moderate physical activity also can reduce the risk of heart disease, diabetes, high blood pressure, colon cancer, and feelings of depression and anxiety. To gain these benefits, people should engage in regular physical activity on all, or most, days of the week.

National Senior Health and Fitness Day, coordinated by the Mature Market Resource Center, are always held on the last Wednesday of May as part of Older Americans Month. May is also National Physical Fitness and Sports Month. For more information about the event contact the Plano Senior Center Staff at (972)-941-7155