

# NEWS RELEASE



## Waterford at Harwood Groves

**For immediate release**

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For more information:  
Lauren Kramer  
(701) 476-1200  
[LAK2@Touchmark.com](mailto:LAK2@Touchmark.com)

### **Public invited**

### **Brains and bodies focus of Senior Health & Fitness Day**

FARGO, N.D. — Waterford at Harwood Groves is celebrating the 16th annual National Senior Health & Fitness Day with an array of activities designed to help people 55-plus stay healthy and fit.

There is no charge for the activities, which will be held at 1200 Harwood Drive in Fargo and run from 10 a.m. to noon. The day will start with Gregory Hammes from Dick Beardsley Running Company demonstrating the benefits of Nordic walking. Then Heather Muscha, Waterford personal trainer, will lead a Brain Aerobics session, which combines mental and physical activities. Hawkeye, the Fargo-Moorhead RedHawks team mascot, will lead an outdoor group walk.

A healthy lunch will be available. Executive Chef Jessica Karley is preparing three brain-healthy options:

- Tuna and white-bean salad over baby greens, served with whole-wheat pita chips;
- Grilled salmon with raspberry chipotle sauce, served with fruited brown rice pilaf and oven-roasted asparagus;
- Curried-chicken salad sandwich on whole wheat bread, served with fruit.

“It’s much better to get one’s vitamins and nutrients from a variety of colorful, fresh food,” says Karley. “It used to be cauliflower was the only brain food anyone referenced, but recent research has shown the benefits of a wide array of fruits and vegetables. That’s why you often hear the expression, ‘Eat the rainbow.’”

Milt Anderson, 82, is a resident of Waterford. He works out daily in the Waterford Health & Fitness Club and believes the combination of healthy food along with regular fitness activity is crucial. “Exercise keeps me fit and allows me to do the things that I enjoy,” he says.

Waterford Health & Fitness Club Director Mark Minette agrees wholeheartedly. “With people living longer and expecting more out of their later years, a real turnaround is occurring in fitness,” he says. “People understand that a healthy, fit body and sharp mind lead to a rich, rewarding and full life.”

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The population of the United States is living longer and living healthier. According to the North Dakota State Data Center, when the last of the baby boomers hit 65 in 2030, the number of older Americans will reach 71 million — or 20 percent of the U.S. population. In North Dakota, the number of people ages 65 and over will jump from 15 percent (in 2007) to an estimated 23 percent of the population by 2020.

“The aging baby boomers are changing the culture of aging,” Waterford Executive Director Kari Dick. “Our focus is to provide retirement and lifestyle options that are a part of that change ... *now.*”

Waterford, which opened in 1998, offers a wide range of retirement homes and lifestyle options and is home to more than 150 people. Recently, Waterford completed an expansion and extensive remodel. The expansion added 60 new apartment homes, four cottages and the Waterford Health & Fitness Club, which is open to people over 40, and features a variety of fitness options. More information is available at [WaterfordFargo.com](http://WaterfordFargo.com).

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