

NEWS Release



Waterford at Harwood Groves

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FOR IMMEDIATE RELEASE

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WATERFORD HEALTH FAIR TO PROVIDE RESOURCES FOR FITNESS — AND A LIFETIME OF BENEFITS

FARGO, N.D. — Mark your calendars now and plan to attend Waterford's health and fitness celebration fair for older adults beginning Wednesday, May 31 — National Senior Health & Fitness Day (NSHFD). Now in its 13th year, NSHFD is the nation's largest health promotion event for older adults. This year's theme, "Fitness — A Lifetime of Benefits," highlights the many advantages that result from practicing a healthy lifestyle.

On May 31, the event runs from 1 p.m. to 3:30 p.m. at Waterford, 1200 Harwood Drive, Fargo. Several local companies and agencies will be on hand offering demonstrations and making presentations about "walking is good for the sole" from 1 p.m. to 2 p.m. Participants and their topics include:

- **Good Feet of Fargo:** Appropriate footwear for older adults.
- **Linson Pharmacy:** Pertinent information related to senior health.
- **MeritCare Home Health:** Proper footcare tips.
- **ProRehab:** Information on better balance and walking safety.
- **Body & Sole Massage & Reflexology:** Mini foot massages by Massage Therapist/Reflexologist Valerie Hanson.

People also can take advantage of blood pressure checks for no charge.

At 2 p.m., a Fargo-Moorhead RedHawks baseball team member will give a speech and lead the Stepping Out walk, accompanied by Hawkeye, the team mascot. Participants can pick from a variety of

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routes for different levels of walkers.

There is no admission fee, and attendees will enjoy refreshments and be able to register for door prizes. For more information, contact Waterford's Life Enrichment Director Mary Tvedt at 476-1200.

"We now know that even small increases in physical activity can lead to better health," points out Life Enrichment Director Mary Tvedt. "This celebration will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle." She adds that the event offers an enjoyable and entertaining way for people to find out about health-related resources and to pick up tips they can introduce into their daily lives.

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary. Over the past five decades, it has established several key points relating to health and fitness, including:

- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.
- Significant health benefits can be obtained by including a moderate amount of physical activity, such as 30 minutes of brisk walking or raking leaves, 15 minutes of running or 45 minutes of playing tennis. Additional health benefits can be gained through greater amounts of physical activity.
- Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day have a significant health benefit.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes and certain cancers.

National Senior Health and Fitness Day is always held the last Wednesday of May as part of Older Americans Month. It's estimated that 150,000 older adults will participate around the country this year.

Waterford provides resort-style retirement and is currently home to more than 125 people. Serving the Fargo-Moorhead metropolitan area since 1998, Waterford offers a wide range of single-level homes, apartment floor plans and living options.