

NEWS RELEASE

Waterford at Harwood Groves



FOR IMMEDIATE RELEASE

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“MAKE EVERY DAY A FITNESS DAY!” **WATERFORD IS HOSTING AREA’S** **NATIONAL SENIOR HEALTH & FITNESS DAY EVENTS**

FARGO, N.D. — People ages 55-plus are invited to participate Wednesday, May 30, 2007 in the Fargo-area’s only site celebrating National Senior Health & Fitness Day (NSHFD). Activities get under way at 1 p.m. at Waterford at Harwood Groves, 1200 Harwood Drive. Waterford will be providing a variety of fun, healthy activities and food throughout the afternoon.

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

The May 30 event will give people an opportunity to take a sneak peek at the just-completed pool within the new Waterford Health & Fitness Club. The afternoon’s events include:

1 p.m. — Brief opening address by The Honorable Dennis Walaker, Fargo mayor, followed by a Stepping Out walk led by the mayor. (Note: Walaker has challenged Moorhead’s mayor to a walking contest.)

1:30 to 3:30 p.m. — Open house in new Health & Fitness Club; healthy food, including fresh fruit kabobs, cheese, crackers and beverages.

2 p.m. — Style show of swimwear and loungewear, modeled by the Red Hat Mamas, members of Arlene Mickley’s Red Hat group.

3 p.m. — New Health & Fitness Club Director Mark Minette will lead some of the Red Hat Mamas and residents in a water aerobics demonstration.

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Catherine's and Scheel's All Sports are providing the swimwear and loungewear for the style show.

There is no charge for the day's events. For more information, people can call (701) 476-1200.

According to Director Minette, substantial research confirms without doubt that being physically active on a daily basis is the number one predictor of aging well. "The benefits of regular exercise can be measured in greater strength, balance, flexibility and cardiovascular health as well as improved quality of life and reduced disability," he says.

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.

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 homes and lifestyle options. In response to local demand, it is currently adding homes and a health and fitness club.

The club, scheduled to open in June, will be open to anyone over 40 and feature a variety of fitness options. The warm-water swimming pool measures approximately 25 x 50 feet and ranges from about three-and-a-half to six feet in depth and includes two lanes for lap swimming. The therapeutic spa will maintain a warmer temperature for muscle relaxation and therapy.