

# NEWS Release



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## Waterford on West Century

### **FOR IMMEDIATE RELEASE**

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### **WATERFORD TO MARK NATIONAL SENIOR HEALTH & FITNESS DAY WITH HEALTH AND WELLNESS FAIR**

BISMARCK, N.D. — Mark your calendars now and plan to attend Waterford’s health and wellness fair for older adults Wednesday, May 31 — National Senior Health & Fitness Day. This year’s theme, “Fitness — A Lifetime of Benefits,” highlights the many advantages that result from practicing a healthy lifestyle. The event will take place 9 a.m. to noon throughout the Waterford campus at 1000 West Century Ave. in Bismarck.

Several local companies and agencies will be on hand offering demonstrations and discussing various wellness topics. Participants include Medicine Shoppe Pharmacy, Medcenter One Home Health & Hospice and the Alzheimer’s Association.

Attendees will learn the latest information on maintaining a healthy lifestyle while enjoying tasty, nutritious snacks. They will also be able to register for door prizes; the grand prize winner will receive tickets to experience the Medora Musical. For more information, contact Waterford’s Life Enrichment/Wellness Director Shawna Dschaak at (701) 355-1280.

“We now know that even small increases in physical activity can lead to better health,” says Dschaak. “This event will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle.” She adds, “This fair devoted to senior health and fitness offers an enjoyable and entertaining way for people to find out about local resources and to pick up tips they can

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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 gardening, 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 offers resort-style living for adults 55-plus and is home to more than 150 people. The community offers a wide range of single-level homes, apartments and living options. An on-site Health & Fitness Club is open to the public for those 40 and older.