

NEWS Release



Waterford on South Hill

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WATERFORD IS SPOKANE SITE FOR NATIONAL SENIOR HEALTH & FITNESS DAY AND KICKOFF OF SUMMER WALKING COMPETITION

SPOKANE, Wash. — Waterford on South Hill is Spokane’s site for the National Senior Health & Fitness Day (NSHFD) celebration on Wednesday, May 31. 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 kickoff party for Spokane’s senior Walking Challenge competition starts at 2:00 p.m. at 2929 S. Waterford Drive, Spokane. This annual competition is sponsored by P.E.D., which stands for Prevention, Education, Development, a local nonprofit organization promoting wellness among older adults.

Residents from five retirement communities and three senior centers in the Spokane area will join Waterford residents for a program featuring motivational speaker and author Linda Lawrence Hunt. Her book “Bold Spirit” chronicles the true story of Norwegian immigrant Helga Estby, who in 1896 walked with her oldest daughter from Spokane to New York City in an attempt to win a \$10,000 wager to save the family farm after the ravaging depression of 1893.

Following Hunt’s presentation, attendees will walk around the South Hill neighborhood with Lori McCormick, PT, and other Waterford staff, followed by refreshments and door prizes. There is no admission charge. For more information, contact Waterford’s Life Enrichment Director Betty Doerschlag at (509) 536-2929. Communities and senior centers participating in the Walking Challenge compete for

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three traveling trophies that recognize (1) the most miles walked per participant; (2) the most-improved mileage and (3) the greatest percentage of participants.

“We now know that even small increases in physical activity can lead to better health,” points out Doerschlag. “This event will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle.”

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.

Opened in 1991, Waterford on South Hill is home to more than 300 people. The 55-plus resort-style retirement community offers a wide range of single-level homes, apartments and lifestyle options.