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## Make workouts fun — train for the National Senior Games

Did you exercise last week? Maybe you did some stretching in the morning or took a walk in the park to enjoy the nice summer weather. Perhaps you went polka dancing with your friends, golfed or “shopped till you dropped.” Even housekeeping, whether it is cleaning your house or working in the garden, can also be exercise.

Regardless, movement is important — essential — in our daily lives. Two of the “10 Keys to Healthy Aging,” promoted by the Center for Healthy Aging, are Exercise and Maintain Social Contact. Regular physical activity is important to our health at every stage of life. Research shows that exercise can help with many disease states. There are many opportunities in our communities to exercise and socialize at the same time.

In June, I was fortunate enough to have the opportunity of participating in the 2007 National Senior Olympics in Louisville, Kent., as both a participant and an observer. Observing various sporting events, I realized how much fun the participants were having. I met many new friends across the country that truly inspired me. Many of the people had significant health problems that truly affected their lives. It was a challenge for them to overcome barriers, to fight for their health, to keep going. Before I tell any more stories about my experience, I felt that it is important to tell everyone how you, too, can get involved in the National Senior Olympics.

### 2007 National Senior Olympics

Louisville — home of the Kentucky Derby and the Slugger Baseball Bat Factory/Museum — proved to be quite a spectacular city to host the 2007 Summer National Senior Olympics in late June and early July. Along with the University of Louisville, various other locations around the city sponsored sporting events such as archery, badminton, basketball, bowling, cycling, golf, horseshoes, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon, and volleyball. These games hosted even more registrants than in past years — approximately 12,000 participants from all over the United States. The Summer National Senior Olympics has become the leading sporting event in the world for people who are 50 and over years of age.

### National Senior Games Association

National Senior Games Association sponsors the Olympics and works with governmental agencies and academic institutions representing athletes who are 50 years and over. It has hosted 10 National Senior Games and works with the United States Olympic Committee.

NSGA's Mission Statement is: “The National Senior Games Association is a not-for-profit organization that is dedicated to promoting health lifestyles for adults 50 and over through education, fitness and sport. Through its programs, the NSGA assists



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adults in achieving greater value and quality in their lives by staying healthy, active and fit.”

### How Do I Qualify for the National Senior Games?

Choose an individual sport or team sport that you enjoy. You have to be 50 years old or over at the time of the State Games to qualify for the Olympics at the State Games the year before.

### Pennsylvania State Senior Games

Every state in the United States hosts their State Games each year in association with the NSGA. To qualify for the National Senior Olympics, individuals or teams must qualify in their state the year before (National Games are every two years). For example, the Pennsylvania State Games of 2008 will be the qualifier for the 2009 National Senior Olympics.

You can compete in the Pennsylvania State Games each year and not necessarily go to the Olympics.

Become part of this exciting opportunity to celebrate life as a spectator or sport participant. Participate in the Pennsylvania State Senior Games in the summer of 2008. You can compete in individual sports or form/join a team sport. For more information, please refer to the phone number and web site below.

### 2009 and 2011 National Senior Olympics

San Francisco will host the 2009 National Senior Olympics and the 2011 Games will be in Houston. Anticipated participants are 15,000 for each year.

### Exercise, Keep Moving

Think about getting involved and inspire others to prioritize health and fitness. Get out and exercise, meet people. Challenge yourself. Find a friend to exercise with you. You do not have to go to the Olympics to be an Olympian. Work toward living a “Healthier Tomorrow.” (Check with your doctor before starting an exercise program.)

- National Senior Games Association — 502-893-1940 or [www.nsga.com/about.html](http://www.nsga.com/about.html)
- Pennsylvania State Senior Games — 570-823-3164 or 888-445-4559 (Pennsylvania only) or [www.keystonegames.com/PASeniorGames.htm](http://www.keystonegames.com/PASeniorGames.htm)

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