

NEWS Release



Meadow Lake Village

A Touchmark® community
Touchmark—celebrating 25 years

FOR IMMEDIATE RELEASE

May 15, 2006
For further information:
Michelle Swantek
(208) 888-5667

MEADOW LAKE VILLAGE TO HOST AREA'S NATIONAL SENIOR HEALTH & FITNESS DAY CELEBRATION

MERIDIAN, Idaho — Touchmark at Meadow Lake Village is the site for this year's celebration of National Senior Health & Fitness Day (NSHFD). Community groups from Meridian and Boise will provide a range of fun and healthy activities Wednesday, May 31 from 12:30 to 3 p.m at the Meadow Lake Golf Course, 210 S. Touchmark Way, Meridian. 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.

During the midday event, local companies and agencies will be on hand offering demonstrations and making presentations on a range of topics. Participants include Idaho Athletic Club, Silver Sneakers, Boise Family YMCAs, Idaho Senior Games, Tai Chi for Arthritis, Hearing and Balance Center, Fit and Fall Proof, HealthQuest, Priority Footwear, local government officials, Meadow Lake Village and Waterford Home Health. AARP and the Arthritis Foundation are donating 40 pedometers to give away during the day.

Meridian's fire and police department staff will take part, and Mayor Tammy de Weerd will also join the festivities. Chair massages, balance and back screenings, refreshments and a golf scramble will be part of the day's activities. For more information, people can call 208-888-2277.

"We now know that even small increases in physical activity can lead to better health," says

- more -

Life Enrichment Coordinator Michelle Swantek. “This community event will give older adults an opportunity to begin or renew a commitment to fitness and to celebrate a healthy lifestyle.” She adds that people will be able to learn about local resources and to pick up tips they can incorporate immediately 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.

Touchmark at Meadow Lake Village is a retirement resort for people 55 and older offering single and attached homes, 35 acres of retail and commercial services, a nine-hole, Par 3 golf course, large lake, miles of walking paths and a robust Life Enrichment/Wellness program.