



27th Annual National Senior Health & Fitness Day® Event

Wednesday, May 27, 2020 is National Senior Health & Fitness Day®. Seniors around the nation will celebrate the 27th anniversary as the nation's annual largest older adult health and wellness event.

Seniors benefit in numerous ways from physical activity. Exercises can be done at home, a community pool, or a local center. And seniors are not limited to just one type of exercise either. There are many to choose from. And many activities can be modified to fit any limitations. Yoga, walking, and swimming are all low impact routines that offer a range of benefits late in life and for all abilities.

Some of the benefits include:

- reduce fall risk and increase the ability to live independently
- maintain strength, healthy joints, and muscles
- helps reduce or control blood pressure
- reduces the risk of colon cancer and diabetes
- eases symptoms of anxiety
- offers community and companionship when done in groups
- reduces and prevents arthritis joint swelling and pain

Organized as a public/private good health partnership by the Mature Market Resource Center (MMRC), National Senior Health & Fitness Day offers fitness activities for older adults at places like hospitals, park and recreation departments, senior centers, health clubs, retirement communities, houses of worship, health departments and other community locations. With Covid-19 safety practices in place, fitness activities may be refined.

Programs range from small group exercise demonstrations in community senior centers to walking tours and health fairs.

Older adults at all levels of physical fitness are encouraged to participate in National Senior Health & Fitness Day. The goals for Senior Day are to make exercise fun, to increase awareness of the benefits of a regular exercise program for older adults, and to encourage all older adults to take advantage of the many health and fitness programs offered in their communities.

The [Dancing Sky Area Agency on Aging](#) offers several opportunities for physical activity. Visit www.yourjuniper.org for more information on classes to help reduce risks, promote health and prevent disease.



Dancing Sky Area Agency on Aging is a program of the Northwest Regional Development Commission.

