



## Press Release

**For Immediate Release**  
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### **National Senior Health & Fitness Day**

On Wednesday, May 27, 2009, an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 16<sup>th</sup> annual National Senior Health & Fitness Day®, the nation's largest health promotion event for seniors. National Senior Health & Fitness Day celebrates the vitality of seniors. The event encourages all seniors to do something that maintains or improves their health.

Family Service Agency's Senior Services Center is hosting a variety of health and fitness activities based on interests of seniors. Transportation will be provided by TransVAC – round trip transport from the Family Service Agency Senior Services Center, located 330 Grove Street in DeKalb, to the following exercise venues – FitWorkz of DeKalb, Cardinal Fitness Center of Sycamore, and the Kishwaukee Family YMCA. KishHealth System will provide snacks and water at the various locations.

“Seniors at all levels of physical fitness are encouraged to participate in National Senior Health & Fitness Day,” says Mary Overbey, Director of Family Service Agency's Senior Services in DeKalb. “Our goals for Senior Fitness Day are to make exercise fun, to increase awareness of the benefits of a regular exercise program for seniors, and to encourage all seniors to take advantage of the many health and fitness programs offered in the community.”

The theme of this year's event is “Fitness is a Good Move!” Event activities will include low-impact exercises, bikes and treadmills. Certificates of participation will be awarded to those seniors who participate. Information on topics of interest to seniors will be available.

“Each activity, during the day, addresses one or more of the fitness components. If you improve in just one or two of these areas, that is significant benefit to your health and well-being!” says Kim Snow, personal trainer with FitWorkz. “You may also gain a better sense of balance, improved agility, a positive change in your body composition and reduced discomfort from arthritic joints or back problems. All of the advantages of physical activity are important to good health and quality of life.”

We are joining more than 1,000 local organizations in all 50 states on Wednesday, May 27, 2009 as we celebrate the 16<sup>th</sup> annual National Health & Fitness Day. The common goal for the day is to help keep older Americans healthy and fit. This is the nation's largest annual health promotion event for seniors. The event is always held the last Wednesday of May as part of Older Americans Month and National Physical Fitness and Sports Month activities. National Senior Health & Fitness Day is organized as a public-private partnership by the Mature Market Resource Center, a national information clearinghouse for the senior market.

For more information or to register for the event, call the Family Service Agency Senior Services Center at (815) 758-4718.

Family Service Agency of DeKalb County is a premier social service agency, providing support to individuals and families throughout the lifecycle. Family Service Agency is comprised of five distinct departments – Big Brothers Big Sisters, Center for Counseling, Child Life & Family Education, Children’s Advocacy Center and Senior Services Center. A host of programs are available through these departments, and all services are provided by experienced professionals.

Family Service Agency of DeKalb County accepts insurance, and scholarship and reduced fees are available for those who qualify. In some instances, services can be provided at no cost to the client. Family Service Agency’s main office is located at 14 Health Services Drive, and satellite offices are located in DeKalb and Sandwich. Family Service Agency is a Kishwaukee United Way Agency. For more information about the services at Family Service Agency call 815-758-8616 or visit their website at [www.RealSolutionsToday.org](http://www.RealSolutionsToday.org).

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