

NEWS

OF SPORTS

Seniors Indulge In Healthy Competition

(NAPSA)—Each year, a health-conscious competition lets silver-haired Americans go for the gold.

The Huntsman World Senior Games—which are open to all athletes age 50 and above—are held annually in St. George, Utah.

Since 1987 the Games have served as a meeting point for senior athletes from across the country and around the world.

According to Kathie Thayne, Executive Director of the Games, the competition has grown in popularity over the years (increasing from 500 participants in 1987 to more than 5,700 in 2000) because of a “more health conscious” baby boomer generation.

“Four million people in the United States will be turning fifty each year through 2024,” Thayne says. “Today’s 50 plus generation is active and health conscious. Competing in these games gives many baby boomers and older Americans a terrific incentive to stay healthy and keep in shape.”

Generally, the Games consist of basketball, bowling, tennis, cycling and mountain biking, racquetball, road racing, softball, swimming, triathlon, volleyball, lawn bowls, square dance, table tennis and track and field. Athletes also compete in games of



Seniors from around the world compete in an annual event geared towards promoting good health, peace and friendship.

horseshoes, bridge tournaments and golf matches.

The Games help foster good health through free medical seminars and health screenings. The services include mammograms, PSI, blood sugar, bone density, hearing, blood pressure, cholesterol and glaucoma tests and body composition and breast cancer risk assessment screening—all meant to emphasize the importance of seniors taking a proactive role in their health.

Health experts say the activities can be a source of important information about the changing medical needs of older people—and equally important, a great way for seniors to compete and have fun.

For more information visit www.seniorgames.net, or call 1-800-562-1268.