



HEALTH NEWS FROM DR. YU

Thurston County Public Health & Social Services Department

Now, This is a Senior Moment!

Prepared May 2010

Have you heard about the **Washington State Senior Games**? You qualify to join us in the senior games if you are fifty (50+) or better by December 31, 2010. You compete within your own age groups in many events. You can be a serious athlete engaging in a sport that showcases your fitness and ability **OR** a person staying fit over fifty and having fun. Participants can use these events to qualify for the 2011 National Senior Games to be held in Houston, Texas.

Now, just hold on! We encourage everyone to participate but we also urge everyone to fully prepare and condition themselves prior to competing in the Senior Games. To find more information about training opportunities, and the list of competitive events, go to www.pugetsoundgames.com

What type of events are featured? In alphabetical order: archery, badminton, 3 on 3 basketball, billiards, bowling, cowboy action shooting, cycling, dance (ballroom), golf, pickleball, powerlifting, racewalk, racquetball, rowing, running (road race), shuffleboard, soccer, softball, swimming, table tennis, tennis, track and field events, volleyball, and a 5 K fun walk. Most of the events take place in Thurston County but a few are in Shelton, Puyallup and Lakewood. **Main events are on July 22 – 25, 2010.**

For many of us, reaching fifty is a milestone. To some, it is a sign that you are reaching that “senior” status. To others, it is likely that by 50, you are becoming an empty nester and now have time to pursue your own hobbies and activities. You like to be involved. You like to meet new people. You’ve spent years chauffeuring your kids and grandkids to a lot of sporting events. Now, it’s your turn! When I look around the track at Tumwater High School when the sprinters go at it, there is no old man or woman out there, just incredibly fit seniors showcasing their talents.

So what if you are not a natural born athlete. Try out some of the “lower impact” sports like walking, bowling or billiards. Meet us on the field on opening day July 24th at Tumwater High School for a 5 K fun walk or get up and move around watching the athletes compete. There is room for everyone. Rain or shine, I know that hundreds of active seniors will be out in force moving, dancing, walking, bowling, running or swimming their way to their senior games medals. I hope you will join us this year. Get ready, get moving, get fit, and get over being fifty!!! This is your senior moment!

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