

# National Senior Health & Fitness Day

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[Host a Senior Fitness Day](#)  
(\$29.95 Registration Fee)

On Wednesday, May XX, 20XX, Community Name Here along with Live 2 B Healthy®, is pleased to announce that we will be co-hosting a fun and exciting National Senior Health & Fitness Day® event.

Everyone is invited to Community Name Here at starting at XX:XX, in ROOM# as we join an estimated 100,000 other older Americans throughout the country to celebrate the nation's largest health promotion event for older adults.

Live 2 B Healthy® will kick off the festivities beginning at XX:XX am with an extra special group fitness class. Even if you have never participated in one of our Live 2 B Healthy® classes, we invite you to check out the action for yourself. Certified Personal Trainers with experience working with seniors lead our classes and they are experts at customizing activities to fit all ability levels. As always, there is a lot of fitness – and even more FUN! – going on in our Live 2 B Healthy® classes!

Following the Live 2 B Health® fitness class, [List your event schedule here:](#)

- ❖ One
- ❖ Two
- ❖ Three
- ❖ Four
- ❖ More?

Be sure to mention if your community is hosting a health fair, serving healthy meals, sponsoring a health care speaker, giving away prizes, having a costume contest, etc. Every community will have certain types of activities that they enjoy, so be sure to describe them in detail here. If you need ideas or suggestions, talk to your Live 2 B Healthy® Regional Owner.



Help us spread the good news about how excited we are to be on the forefront of senior health and wellness in our community! Residents should feel free to invite friends and family members to visit us during our National Senior Health & Fitness Day® event.



"Older adults at all levels of physical fitness are encouraged to participate in National Senior Health & Fitness Day," says Patricia Henze, NSHFD program manager. "Our 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."