



Wednesday, May 27, 2020

2020 Event Theme: *“Life is Better in Motion!”*

March 18, 2020

27th Annual National Senior Health & Fitness Day[®] Goes Virtual in Late May

On Wednesday, May 27th, The Nation’s Largest Senior Health & Wellness Event Will Become the Nation’s Largest Virtual Senior Health Event

For the last 27 years, thousands of local organizations and hundreds of thousands of older adults have participated in *National Senior Health & Fitness Day*. The event is the nation’s largest annual senior health and wellness celebration, and it is always held on the last Wednesday in May.

In keeping with the current *Centers for Disease Control and Prevention* (CDC) guidelines for minimizing older adult risk for contracting the coronavirus, this year’s *National Senior Health & Fitness Day* will become a virtual health and wellness event on Wednesday, May 27th.

Local groups that have already registered to participate will have the additional option to hold an actual, in-person event later this year, when the CDC recommendations for seniors and group activities are removed. Organizations are encouraged to participate in both the May 27th *National Senior Health & Fitness Day[®]—2020 Virtual Event*, and the actual *National Senior Health & Fitness Day* once a date is selected later this year.

“Our primary concern is the health of all of the older adults that had planned to participate in local *National Senior Health & Fitness Day* events,” adds Patricia Henze, executive director of the event. “Our new May 27th *National Senior Health & Fitness Day[®]—2020 Virtual Event* will allow local groups to host a valuable online wellness event and not put seniors at risk during the coronavirus crisis.”

Organizations that participate in this year’s *National Senior Health & Fitness Day[®]—2020 Virtual Event* will have access to a variety of health and wellness resources they can use for their local online health events.

“This week and next, we will be contacting our local groups to get ideas on what they would like to see included in our May 27th *National Senior Health & Fitness Day[®]—2020 Virtual Event*. Their suggestions will be added to our updated event website. Our goal is to provide simple, easy-to-use ideas, materials and resources to help our local organizations plan their online senior health and wellness events on Wednesday, May 27th,” adds Henze.

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Here are examples of some of the key resources that will be available to local groups that participate in the new *National Senior Health & Fitness Day®—2020 Virtual Event* on Wednesday, May 27th:

- Websites with special health and fitness materials for older adults.
- Access to online exercise classes and demonstrations to be held on May 27th.
- Live interactive video chat presentations on key senior health and wellness topics—many of these courtesy of our state and national event sponsors.
- Information about smartphone apps and other online resources that offer specific health and fitness information for older adults.
- Online health and fitness games.
- Dial-in phone presentations on senior health topics for older adults that may not have Internet access at home.
- Access to a variety of evidence-based senior health materials (in PDF format) that local groups can print out and deliver to seniors in their programs.

Because many older adults will be staying at home during the next several months, the weekly issues of *FitnessDay News*, the official *National Senior Health & Fitness Day* e-newsletter sent to registered groups planning events, will feature articles on home fitness, the latest coronavirus updates for seniors, and other useful resources to help stay healthy while at home.

“We look forward to the challenge of transforming our 27-year-old event to the nation’s largest virtual older adult health and wellness event on Wednesday, May 27th. We will be providing our local groups with variety of useful online resources to help the seniors they work with stay healthy and fit during this difficult time for all of us.”

Updates on the Wednesday, May 27th *National Senior Health & Fitness Day®—2020 Virtual Event* will be available on a regular basis through late March, April, and early May. Once CDC guidelines change later this year to permit older adult participation in group activities, the 2020 date for the actual, in-person 2020 *National Senior Health & Fitness Day* will be announced.

For more information on the *National Senior Health & Fitness Day®—2020 Virtual Event* on Wednesday, May 27, 2020, please e-mail: info@fitnessday.com, or visit www.fitnessday.com.