

NEWSLETTER

Georgia Golden Olympics Newsletter

In this issue:

- 2015 dates for GGO
- NSGA National Games
- 2014 Event
- Health Benefits of Exercise
- Ruth Gaylor and Barney Ochs Award Winners

2015 Georgia Golden Olympics

The 2015 dates for the 33rd Georgia Golden Olympics have been set for September 16-19, 2015. The games will be held in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department.

Information about the games, registration forms and schedules will be available by early May. The form will be emailed to past participants and mailed to others. The information will also be available on the website as soon as final. The website is www.georgiagoldenolympics.org and will also have information about volunteering for the event, making a financial

contribution and has a media kit for use by athletes and others interested in promoting the event. Follow the Georgia Golden Olympics on facebook and twitter for additional information and updates.

Over 600 athletes competed in over 20 sports and 60 events in the 2014 Georgia Golden Olympics.

2014 Georgia Golden Olympics

The 2014 Georgia Golden Olympics was held September 17-20, 2014 in Warner Robins. Over 650 athletes competed in over 20 sports and hundreds qualified for the 2015 National Senior Games to be held in Minnesota.



Participants at the 2014 Georgia Golden Olympics

2015 National Senior Games

The National Senior Games, presented by Humana is scheduled for July 3-16, 2015 in Bloomington/Minneapolis/St. Paul, Minnesota. If you qualified in Georgia, your information has been sent to the NSGA and you should have received notification from the national games that registration is open. The early registration discount deadline is February 28, 2015 and the final deadline is May 1, 2015. For more information about the National Senior Games deadlines, fees, lodging, competition schedule, etc please go to www.nsga.com.

Health Benefits of Exercise (NIH Senior Health)

One of the Healthiest Things You Can Do

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

Be as Active as Possible

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

Being Inactive Can Be Risky

Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet, studies show that "taking it easy" is risky. For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Prevent or Delay Disease

Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

Manage Stress, Improve Mood

Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Some people may wonder what the difference is between physical activity and exercise. Physical activities are activities that get your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.



2014 GGO Ruth Gaylor and Barney Ochs Award Winners



The late George Ealer, spouse of Mary Ealer, was awarded the Barney Ochs Sportsmanship award posthumously at the 2014 Georgia Golden Olympics. Mr. Ealer participated in the Georgia Golden Olympics with his spouse, Mary for many years before his death in 2013. Mr. Ealer was truly a "champion" at being the best he could be and never lost sight of sportsmanship on and off the field. He looked forward to games every year and if couldn't compete he was always the encourager, treated others with utmost respect and was there to cheer them on or to help out. We miss Mr. Ealer and appreciate the support he gave to the games and the athletes for so many years.



Ms. Nancy Horne from Moultrie, Georgia was awarded the Ruth Gaylor Spirit Award. Ms Horne is a long time participant in the games and organizer of the Moultrie ladies who attend the games each year. She is a true role model to her friends and other athletes is always happy full of spirit and fun.



Asics LA Marathon 2015

Mary Ealer will run the LA Marathon in March in memory of her husband George and benefiting the John Ritter Foundation for Aortic Health. To read her story and to contribute to her fund goal please go to:

<https://www.crowdrise.com/johnritteraortichealthla2015/fundraiser/maryealer>

2015 Local Games Dates

- Cherokee County-Canton, GA. April 7-28, 2015
Info: cherokeecso@yahoo.com
- Fulton Senior Games-Fulton Co. April 29-May 21, 2015
Info: 878-612-3430
- Spalding County Games-Griffin, GA. April 20-May 5, 2015
Info: jellis@spaldingcounty.com

To make a tax deductible contribution to the Georgia Golden Olympics please find more information on the website: www.georgiagoldenolympics.org or send to GGO, PO Box 958, Winder, GA. 30680.

Follow the Georgia Golden Olympics on Facebook and Twitter.