



National Senior Health & Fitness Day Report

Submitted by Juanita Lo Giudice

This is the largest National older adult health and fitness event. It is held on the last Wednesday in May. Over 100,000 older adults participate in healthy promotional events throughout the USA. This year once again Sokol KHB Ennis, Tx participated and submitted the following report to us.

Save the Date next year: Wednesday May 27, 2020.

A 2020 Theme Contest is being held for anyone 50 years + to submit an entry and win \$350. Deadline January 24, 2020. For more info www.fitnessday.com/senior/theme_contest.html

National Senior Health and Fitness Day

On Wednesday, May 29, 2019, the Senior class at Sokol Karel Havlicek Borovsky (KHB) – Ennis, Texas, welcomed friends, relatives, and Brothers and Sisters from Sokol Fort Worth to share its celebration of the 2019 National Senior Health and Fitness Day. Senior Class coaches Jan and Chuck Kalat, assisted by physical Director Liz Moucka led the event.

After some light warm-ups, the group split into squads. Three activities were provided. One activity included some balance and beam activities, under the direction of Coach Jan. Activities included various “walks” across the “beam”, as well as some balances and turns on the beam. Another activity was conducted in the clubroom under the direction of Coach Liz, where participants enjoyed a session of challenging armchair fitness exercises targeting all parts of the body following a DVD presentation on our 60” flat screen “fitness” TV. By placing this group in the clubroom, the groaning and heavy breathing did not permeate to the other groups in the gym. The third activity was led by Coach Chuck and consisted of passing, tossing, and kicking around one or more playground balls simultaneously (everyone’s laugh muscles seemed to get the biggest workout). A lot of the movement here involved getting out of the chair and fetching wayward balls that left the circle. The ball activity ended trying to keep a beach ball in the air as long as possible – attempts ranged from just a few to over 100 hits. After about 25 minutes, the squads rotated to their next activity.

After all this exercise, everyone enjoyed a luncheon of roast pork, dumplings, sauerkraut, pulled pork, klobase, and green beans, (all leftovers from the big National Polka Festival event the weekend before and donated by the unit for this activity) and other homemade fare including desserts, of course. Everyone really seemed to have a good time – many saying we should do this more often! Attendance was down quite a bit this year, but enthusiasm remained high. All were invited to come join our weekly Senior Exercise Class when we start up again in the Fall.

Submitted by Chuck & Jan Kalat