

WAUKEGAN PARK DISTRICT

PRESS RELEASE

Seniors Snap Out of the Holiday Blues Join Waukegan Park District Health and Wellness Programs

Waukegan, IL (December 19, 2013) ... Start the New Year off with the goal to improve health and wellness. The Waukegan Park District has several programs for those 55 and over. Instructor Dianne Daluga, Fitness and Wellness Professional, and Certified Instructor with the Arthritis Foundation guides seniors back to fitness with the SeniorFit program. SeniorFit offered from 10-11am at the Field House Sports and Fitness Center begins on Tuesday, January 7. The same seven-week program is offered at another location, the Belvidere Recreation Center beginning on Thursday, January 9. SeniorFit, for adults 60 years and older, includes gentle stretching, weight-bearing exercises, a fun low-impact routine to work the cardio-system, and a cool-down and relaxation period. Activities are designed to boost activity levels, increase flexibility and strength, build endurance, and elevate mood. The cost is \$52/\$57 and participants must specify which class location they desire.

Dianne also teaches the program EveryDay Woman. Intended for the mature woman, 55 years and older, it is offered at the Belvidere Recreation Center on Tuesdays from 6-8pm, beginning January 14. This five-week, interactive program, educates and guides participants through finding their passions and avoiding the pitfalls of getting older. EveryDay Woman is based upon the writings of Ruth Harriet Jacobs, Ph.D., *Older Women: Surviving and Thriving*; Sherwin B. Nuland, M.D., *The Art of Aging*; and Gail Sheehy, *New Passages - Mapping Your Life Across Time!* Each session provides incredible tools and encourages participants to take action to make

the most of their lives and to find that each day will truly become "the first day of the rest of their lives." The cost is \$51/\$56. Sign up early, as this program is limited to 10 people ensuring small group discussion, a comfortable atmosphere, and opportunities for in-depth conversations.

Dianne states, "You should strive to be the best you can be emotionally and physically by committing to your wellness and living life to the fullest in your mature years!" Jennifer Dumas, Recreation Supervisor for Adult and Family Programs stated that Dianne is a truly passionate and dedicated instructor who connects with her participants and delivers outstanding information. She encourages adults 55 years and older to consider starting off their New Year right by investing in their health and fitness and enrolling in SeniorFit and/or Everyday Woman. For more information, call 847-360-4700 or visit the Waukegan Park District website at www.waukeganparks.org.

"Research indicates that health during the aging process can be preserved. Here are some facts about healthy aging.

- Regular physical activity contributes greatly to the fitness, health, functioning and quality of life of older adults.
- Social interaction is an important factor in sustaining a high quality of life.
- The majority of people enjoy good or excellent health, even past age 85. Later life need not be a steady decline in health, but rather a number of healthy years..
- Enhanced fitness is an evidence-based exercise program proved to increase strength, boost activity level, and elevate mood. Programs ... focus on stretching, flexibility, balance, low-impact aerobics and strength-training exercises. "

From: Keeping the Aging Population Healthy, Legislator Policy Brief, the Council of State Governments Healthy States Initiative.

About the Waukegan Park District

Established on December 26, 1916, the district has 47 properties and 720 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 57 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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