



Vol. II #9

### **2012 Dates**

Mark your calendars. The dates for the 2012 Iowa Senior Olympics have been set. The Softball Tournament and Cycling competition will take place on the first weekend of June (1-2). The other 70 events will be held Thursday – Sunday, June 14 - 17. See the attached schedule for a full list of events, times and venues. Note that there may be schedule changes with individual events (sports) or with venues but the dates will remain the 3rd weekend of June. More information will be coming out on the Games with future Newsletters.

### **Health & Wellness News**

The Iowa Senior Olympics is proud to be a leader in Health Initiatives for Iowa's Seniors. All of you who take part in the Senior Olympic Games set a great example for others. You may not realize it, but you are an inspiration to many people when you are running, jumping, shooting baskets, riding a bike, kicking a ball or doing any of the 73 events offered at the Iowa Senior Olympic Games. Your participation in physical activities is one of the reasons organizers set the goal they did in launching the **Healthiest State Initiative**. This is a program aimed at getting people in Iowa moving and conscious of Health and Wellness. The goal is to make Iowa the Healthiest state in the U.S. by 2016. Iowa is currently 16<sup>th</sup> in the rankings. With obesity and smoking at an all time high among youth, our seniors can help lead the way. The program had a successful kickoff last Friday, October 14 with a statewide walk. Find out more about the Healthiest State Initiative at <http://www.iowahealthieststate.com/>. We will continue to have Health and Wellness tips in each Newsletter while also growing opportunities for you to take part in fun activities which will help improve your body and mind.

Here is this month's Health Tip: Many of us fight putting on extra pounds, especially as we start losing daylight hours and are spending more time indoors. Here are a couple simple rules, put out by the WDM Schools' Wellness Director, to help with eating healthier and dropping a few of those unwanted pounds.

#### ***Balancing Calories***

- ❖ Enjoy your food, but eat less.
- ❖ Avoid oversized portions

#### ***Foods to Increase***

- ❖ Make half your plate fruits and vegetables.
- ❖ Make at least half your grains whole grains.
- ❖ Switch to fat-free or low-fat (1%) milk.

#### ***Foods to Reduce***

- ❖ Compare sodium in foods like soup, bread, and frozen meals:  
Then choose the foods with lower numbers
  - ❖ Drink water instead of sugary drinks.

## **Events You Can Take Part In**

Getting healthy and staying that way does not have to be drudgery. Start by going for a walk with a friend, your dog will always volunteer. You can join the YMCA or a fitness center to take advantage of programs they run. You don't have to be a member of a club to get healthier though. Shoot baskets, swim, playing racquetball, golf, frisbee golf or any type of game. Anything that keeps you body and mind active is great for you. Basically, get moving and take someone with you.

If you like to run or walk there are events nearly every weekend you can take advantage of. They range from very low key walk/runs up to marathons (26.2 miles) for the adventurous. You can compete and test yourself on how fast you can go or you can enjoy the company and walk the course. The outstanding **Clive Running Festival** is the actual Road Racing competition for the Sr. Olympic Games. If you had participated at **Run for the Roses** in Ames a couple of weeks ago you would have received a rose and an omelet in addition to prizes. Rode your bike for charity on the **Stomp Ride** in Madrid in July and you would have been able to "test" wine along the way. These events are completed for the year but there are still fun events to take part in. Here are a couple of different events in the central part of Iowa for you to check out.

The 5<sup>th</sup> annual **State Fairgrounds 5K** (3.1 miles) is scheduled for Sunday, November 6 on the Iowa State Fairgrounds! Runners, joggers and walkers will experience the Iowa State Fairgrounds' park-like setting without the hustle and bustle of the Fair. This year will also introduce two new events: A One Mile Walk and the "Chase the Cow Kids Run!" You can get more information about the race at <http://www.blueribbonfoundation.org/fairgrounds5k.html> or <https://secure.racemonkey.com/Entry/Entry.aspx?IDRace=q201107100402146081115ee3fadf149>

Many of these events are set up to help charities and good causes. These next two options certainly fit into that category. The **Wild About the Child Trail Run** on Saturday, November 12<sup>th</sup> is set up to benefit the **Wildwood Hills Ranch**. The ranch is located on 400 acres of farmland and timber 25 miles south of West Des Moines near St. Charles. They provide a year round camp and programs for at-risk children ages 8 to 18. Proceeds from this event go towards funding opportunities for these children.

This is different than the other two events we mention here because the course winds through the forest and countryside covering all kinds of terrain. It will be beautiful but you may want to bring old shoes if it is wet. You can find out more about the Wildwood Ranch at:

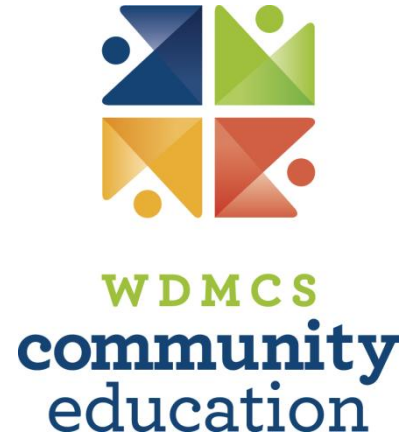
<http://www.wildwoodhillsranch.org/> and more about the race at:  
<https://secure.racemonkey.com/Entry/Entry.aspx?IDRace=q20110709121208697c667779a5d344c>

You have now run / walked through the historic Iowa State Fairgrounds and trekked around the Iowa countryside. Now let's get you out of the house for a good cause when you would normally be thinking about a fire and cider. Try out the **Jingle Bell Run/Walk®** in Ames on Saturday, December 10<sup>th</sup> to benefit the **Arthritis Association** and to enjoy the outdoors with other crazy people. Did you know that Childhood Arthritis affects more kids than Childhood Diabetes? Learn more about arthritis and find out information about this event at <http://jbrcentralia.kintera.org/faf/home/default.asp?ivent=489184>

If you have any additional questions on any of these events call Steve Lynn at (515) 633-5011 and I will try to help you out. You can also find out about other races and events around the state at <http://www.fitnesssports.com/>

**Our sponsors are all working towards a healthier state and support wellness throughout the year. Remember to support these sponsors who make the Iowa Senior Olympics possible.**

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