

Workshop on fitness for older adults to be held; co-sponsored by Physical Education Department

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WORKSHOP ON FITNESS FOR OLDER ADULTS TO BE HELD AT UCSD

A two-day workshop on fitness, nutrition and lifestyles for older adults, featuring nationally known experts in the field, will be held at the University of California, San Diego August 28 and 29.

The workshop is sponsored by the UCSD Physical Education Department and the Campbell's Institute for Health and Fitness.

The public is invited to attend the workshop. Registration fees are \$35 by August 24, and \$40 thereafter. Further information about registration may be obtained by calling John Cates in the Department of Physical Education (619) 534-3547.

Cates, a supervisor in physical education and a member of the President's Commission on Physical Fitness, said he planned the workshop after visiting more than 30 states doing research on physical fitness.

"I saw there was a real need for something like this," Cates said. "There are two groups which are really behind the times when it comes to being physically fit--youth and seniors."

The program will feature speakers on fitness, nutrition and gerontology from around the country and from the San Diego community. There will be lectures and demonstrations as well as activities geared for the participants.

Sponsors also include the President's Council on Physical Fitness and Sports, the UCSD Institute for Research on Aging, the California Association for Health, Physical Education, Recreation and Dance, the American Alliance for Health, Physical Education, Recreation and Dance, and the Bally Corporation.

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