



THE FINISH LINE

Arizona's Leader in Senior Fitness



It's Fall! Time to Get Fit!

The change of seasons always brings with it a sense of newness, an opportunity for change. Fall is no exception. After a long, hot summer, the weather will soon beckon us into the outdoors. Now is the time to dust off that bicycle, get out that tennis racket or dig out those golf clubs. It's time to get fit!

It's widely known that as little as 30 minutes of exercise, three times a week can make a significant difference in health. The weather is exercise-friendly and the requirement is small. So why is it that so many choose not to do what they know will be of benefit to them?

Three common reasons for clinging to a sedentary lifestyle are:

1 **"I don't have the time."** If you think that staying well takes time, try sickness! Aging brings with it

certain challenges, and maintaining good health is one of them. Everyone has the same 24 hours in each day. It's a matter of choice: wellness or illness.

2 **"I'm too old. It's too late to start."** Many studies have shown that it's never too late to exercise, regardless of age. People who have begun exercising in the 80s have shown marked improvement in overall health in aerobic capacity, strength and range of motion. Of course, one should always check with their physician prior to beginning to exercise, but it is probable that a doctor will welcome your intention to get fit.

3 **"I just don't like exercise. It isn't fun."** The Senior Olympics

movement inspires people older than age 50 to adopt and maintain a healthy lifestyle. Exercise not only can be fun, it can be addictive. Senior Olympians have found that their self-esteem is higher, their outlook more optimistic, and they feel better physically and mentally. They form friendships with other Senior Olympians, they gain a sense of control in health issues, and they feel proud of achieving the goals that they set.

This fall is a great time to start exercising on a regular basis. Then go online to www.seniorgames.org and choose any one of the 32 sports offered by Arizona Senior Olympics. Determine to change your health and your life, and every season of life will be good.

Pickleball Registration Deadline Oct. 15

The Arizona Senior Olympics' Pickleball Tournament is scheduled for Oct. 23 to Oct. 26 at the Surprise Pickleball Courts.

The deadline to participate is Oct. 15, and athletes are urged to register as soon as possible it will be limited to 200 players.

This year's tournament is the Arizona qualifier for the National Senior Games in July in Minneapolis. New this year will be two divisions: The Age Level Division will be for players who wish to qualify for the National Senior Games, and the Skill Level Division will be for those who prefer that format.

For more information about the tournament, including the schedule, players can visit www.seniorgames.com. A link will take visitors to www.pickleballtournaments.com for registration.

www.lovinlifeafter50.com

It's That Time Again



It's time to start planning for participation in the 2015 Arizona Senior Olympics, which take place from Feb. 21 to March 15.

2014 Sponsors

Humana

HEALTHWAYS
SilverSneakers
FITNESS

Lovin' Life After 50
An Ageless Attitude Since 1979

Follow us!



The Finish Line Newsletter
is produced by Arizona Senior
Olympics, founded by:



City of Phoenix

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of
Chandler,
Glendale,
Mesa,
Peoria,
Scottsdale,
Tempe
and the communities of
Sun City,
Sun City West,
Sun City Grand

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From the Top of My Desk

By Irene Stillwell, ASO Executive Director



We have been lucky through the years to find sponsors whose goals are similar to ours and whose interest lies in keeping seniors healthy and independent.

ASO has been approached by many businesses who have something to sell to the senior market. However, our goal is to help—and not hurt—the over-50 population.

We have never had an alcohol or tobacco sponsor and we are very careful about products that do not have a proven benefit to the health and fitness of seniors.

Our sponsors are interested in informing seniors about their services or products and they hope that there will be a positive response. We at Arizona Senior Olympics hope that you will evaluate those products and services and that you will give them special consideration because of your interest in Arizona Senior Olympics.

This year, we especially want to thank the following sponsors for their ongoing loyalty to Arizona Senior Olympics and for their positive impact on the senior community.





ASO Looking for a Few Good Men and Women

Are you a leader? Do you have experience in managing a specific sport? Do you know how the rules and how the competition is conducted? Do you believe that sports are for all ages of people? Would you like to see your sport grow and flourish?

If you can answer “Yes” to these questions, then Arizona Senior Olympics would like you to consider being a sports commissioner or assistant commissioner. ASO is fortunate to have many very dedicat-



ed and experienced volunteers in the 32 sports that are offered. However, many things can come up, requiring one of those leaders to move or retire, leaving their sport without the leadership it needs.

ASO is looking for leaders for the following sports: basketball, dance, golf, horseshoes, pickleball, road races and track and field. Volunteer to join the team! Call (602) 274-7742, between 9 a.m. and 4 p.m. Tuesday through Thursday for more information. Ask for Irene.

Missing The Finish Line?

The *Finish Line*, the Arizona Senior Olympics’ newsletter, is published monthly. It is sent out to an email list and can also be found at Walgreens stores throughout the state (in the racks at the front door).

Due to unforeseen circumstances some of our readers may not have received their online versions for several months. Good news! Back copies can be found on our website at www.seniorgames.org.

If you would like to be added to our email *Finish Line* list, just call and give us your email address and you’ll receive it by email each month.

The ASO office can be reached at (602) 274-7742 between 9 a.m. and 4 p.m. Tuesdays through Thursdays.



They’re Back!

This is the most popular shirt offered by ASO. Many people were disappointed when they missed out, so we’re offering it again!



SLIMMING BLACK!

BRIGHT MULTICOLOR DESIGN!

COOL, COMFORTABLE, 100-PERCENT PRE-SHRUNK COTTON. Sizes S, M, L, XL, 2XL

Limited quantities, get yours today!

Only \$15 each

Call the ASO Office at (602) 274-7742 to order

☐

Yes, I would like to be a friend of Arizona Senior Olympics
 Send your tax-deductible contribution by check, money order, credit card or go online to www.seniorgames.org.

Amount Enclosed \$ _____

I am paying by ☐ Check/Money Order ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express. *You will be charged by Senior Games Payment Services if paying by credit card. If paying by check, please make it out to the Arizona Lifelong Fitness Foundation.*

Credit Card. #: _____
 Expiration Date: _____ 3 digit code on back of card: _____
 Name as it appears on your credit card: _____
 Address: _____
 City/State/Zip: _____
 Signature: _____

Mail to:
Arizona Lifelong Fitness Association
P.O. Box 33278
Phoenix, AZ 85067-3278

Help ASO.

Purchase Fiesta Bowl Tickets Through Us!

Arizona Senior Olympics has partnered with the Fiesta Bowl by participating in its new fundraising project for nonprofits. ASO will receive 20 percent of the ticket price for the Fiesta Bowl, which will be on Dec. 31 at University of Phoenix Stadium, and for the Cactus Bowl, taking place on Jan. 2 in Sun Devil Stadium.

Here is your chance to really help Arizona Senior Olympics and have great time supporting your team. Everyone who purchases their tickets using our specified promo code will receive an ASO support bracelet. Get on the team! Tell your friends! Go to www.seniorgames.org to get your tickets today.

Join the Olympics!

Hey Baby Boomers! If you were born between 1946 and 1966, you can be a Senior Olympian. It's never too late to dust off those athletic shoes and get going. Better health, better life! More fun, too! Call (602) 274-7742 to get in on the action.

Come Experience The Citadel With Us!

Call 480-832-7600 to Arrange Your Tour Today

The Citadel
A SENIOR LIVING COMMUNITY

"Moving to The Citadel is the best move we've ever made."

"We couldn't ask for better help and better care. We appreciate that The Citadel has everything... independent living, home health support, assisted living and a skilled nursing center all on one campus."

"Every community we looked at had long halls – we didn't like it because it felt like a hotel. After visiting The Citadel we felt like we had come home. What beautiful courtyards! We love it here as our front door faces the Gazebo area, it's green and lush and we hear the lovely sound of our fountain. And, from our back door you see the row of gorgeous trees along the back."

"The dining program affords us the flexibility we want... to have the option to go or not – and the food is great!"

Ken and Bernice Hammer - Residents of The Citadel for 2 years

520 S. Higley Rd., Mesa, AZ 85206 › 480-832-7600 › www.citadelretirement.com