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SPOTLIGHT ON THE 24TH ANNUAL FLORIDA SENIOR GAMES



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Tallahassee, Fla.—The 24th Annual Florida Senior Games will wrap up this Sunday Dec.13 in Clearwater. The 2015 Florida Senior Games is an Olympic-style competition for athletes age 50 and over. The Florida Sports Foundation organizes the games each year, which serve to encourage fitness, sportsmanship and camaraderie for older adults. Fitness at any age is achievable and the Senior Games is boasting more than 2,000 participants in 24 sports this year.

“We like to stress that the Florida Senior Games offer something for everyone,” said Stephen V. Rodriguez, Sr. Vice President of the Florida Sports Foundation. “Sporting events in the senior games range from physically demanding cycling and powerlifting to games of strategy like shuffleboard and croquet.”

“Physical activity is so important for elders to stay healthy and maintain their independence,” said Department of Elder Affairs Secretary Samuel P. Verghese. “The Games echo our mission of promoting well-being for Florida’s elders as they live, contribute, and build legacies in Florida.”

“The Senior Games highlight the commitment of Florida’s older adults to health,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Florida’s seniors are setting a wonderful example for all of us of the benefits of healthy living.”

According to the Centers for Disease Control and Prevention, people who are physically active tend to live longer and more independent lives. The games are supported by the Department through its Healthiest Weight Florida initiative. Healthiest Weight Florida is a public private collaboration bringing together state agencies, not for profit organizations, businesses and entire communities to help Florida’s children and adults make choices about healthy eating and active living.

Learn more about the [Florida Senior Games](#) and the 2015 event results.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.