

College of Health and Human Services

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Center on Aging and Community Living

April 2013 Age of Champions Event





Approximately 130 students, faculty, and community members shared an informative and entertaining evening attending The Age of Champions event at the University of New Hampshire on April 4th, 2013. The event was a collaborative effort by CAACL, faculty in the College of Health and Human Services, UNH Health Services and UNH Athletics to promote a positive cross-generational dialogue around the benefits of being physically active throughout the lifespan.

The event featured a screening of the award winning documentary on the Senior Games and the athletes who compete for gold in a variety sports. The panel of speakers comprised athletes from age 53 to age 77 who are active in everything from running marathons, to track and field, to all around recreational athletes who swim, bike, hike, and practice the martial arts. The eldest athlete in attendance was 96, and he is currently teaching fitness classes in the area.

The athletes shared their personal journeys in getting and staying active and provided the audience of mostly college students with sage advice on the importance of setting goals to become and stay healthy. One message the panel emphasized is the critical importance of having fitness partners. The social aspects of being active keep them committed and motivated. One panelist remarked "being with friends is the best part of being active; getting fit is a nice additional benefit."

Through events like this, the Center on Aging and Community Living continues to demonstrate our commitment to

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sharing the positive aspects of growing older and capitalizing on the dividends of our aging society.



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Knowledge for Healthy Living

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