



Promoting healthy, active, lifestyles!

Georgia Golden Olympics

January 2010

2010 Georgia Golden Olympics

The 2009 Golden Olympics event is past and the 2010 games are in the planning stages. The dates for the 2010 games are September 22-25, 2010. The games will be held in Warner Robins and will be hosted by the Warner Robins Recreation Department. The 2010 event is a national qualifying event for the 2011 National Senior Games Association Summer Olympics set for June 19-July 5, 2011 in Houston, Texas. We look forward to the games with enthusiasm and excitement! Plan to join us for the fun and competition!!



Georgia Boys Win Gold at the 2009 National Senior Games

Evaluations for the 2009 Golden Olympics

Each year the Georgia Golden Olympics planning committee includes an evaluation form in each registration packet given out to athletes. We do this in order to get an idea of how we are doing and how we can improve the games each year. We also collect demographic information and we try to get an idea of the financial impact the games have on the City of Warner Robins.

Of the evaluations distributed, only about 10% are completed and returned. It is very important that we collect this information and hope you will help next year by returning your evaluation by the deadline. The information collected will assist in future fund raising efforts and will help in improving the games each year.

More details on page 26 .

Newsletter Spotlight Georgia Boys

The Georgia Boys Basketball team from the Atlanta area won the Gold Medal in the 50+ Basketball competition at the National Senior Games Summer Olympics in San Francisco, California in July. Congratulations Georgia Boys!!!

Physical Activity and Health-The Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can help:

[Control your weight](#)

[Reduce your risk of cardiovascular disease](#)

[Reduce your risk for type 2 diabetes and metabolic syndrome](#)

[Reduce your risk of some cancers](#)

[Strengthen your bones and muscles](#)

[Improve your mental health and mood](#)

[Improve your ability to do daily activities and prevent falls, if you're an older adult](#)

[Increase your chances of living longer](#)

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, like brisk walking, is generally **safe for most people**.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum *Guidelines*, try to do as much as you can. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

The bottom line is - the health benefits of physical activity far outweigh the risks of getting hurt.

Source: Division of Nutrition, Physical Activity and Obesity, National center for Disease Prevention and Health Promotion. www.cdc.gov

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Evaluations for the 2009 Golden Olympics...continued

Each year the evaluations are summarized and reviewed by The Board and Planning Committee for things that can be improved, changed or corrected. Below is an attempt to answer some of the request/questions/comments from athletes from the 2009 games evaluations.

- **Track:** There were several request to change the order of track events. The schedule is being developed now with some suggested changes.
- **Cycling:** Request to use the original 40K route in 2010 will be honored provided the road is repaired and is safe to use.
- **Billiards:** Requests to make changes in the Billiards format are being considered by the Rules/Events Committee. The changes will be reviewed and voted on by the board and any changes will be listed in the 2010 rule book.
- **Basketball:** Request to have a place to shower after the games is being considered. In the past, we have had a hotel room for that purpose and this option is being considered again. Also a request to have a facility with wooden floors is being researched, though we are not sure this can happen.
- **Ballroom Dance:** Some changes in format, music and sound quality were requested and will be considered. Floor size was another issue that we may not be able to accommodate.
- **Horseshoes:** Several were pleased to have the horseshoe event in Warner Robins and we intend to keep the event in the same location.
- **Swimming:** The event will be held at the Aquanauts pool at Memorial Park again in 2010. Many of the swimmers seems to like this facility better and we asked for and received permission to hold the event here in the future.
- **Lunch:** We had one request to have a longer lunch time on Saturday. We presently serve lunch from 11:00 AM to 1:00 PM. We do not plan to extend the time since we have a full 2 hour lunch period.
- **Robins Air Force Base Facilities:** Several athletes mentioned the possibility of using some of RAFB facilities. The base does have some very nice facilities and many of you know that from 1983 until 2001 all of our event were held on the base. In 2001 the games were cancelled due to the 9/11/2001 terrorist attacks. Since then, base security has been the issue with using the base. We have had conversations with the base and we "might" be allowed at some point in time to use some of the facilities, but, with the security levels as sporadic as they have been for the last 9 years, we could be in a situation where we would not be able to host an event at all if the security levels should change the day before a scheduled event. This is a chance we do not feel comfortable in taking.
- **Lodging Facilities:** There was a request to include a list of Hotels/Motels in the registration materials. For the past 10 years we have listed the hotels, cost and contact number in the registration booklet that is mailed out in May of each year.
- **Name tags used for lunch:** Some athletes stated that they were not aware that their name tags would be used as their lunch ticket on Saturday. This information was stated in the confirmation letter that was sent to each athlete before the games and a poster with this information was posted in the registration area.
- **Publicity:** We ask for suggestions on how to publicize more and received several suggestions. Presently we send information to Retirement Centers, and to every Senior Center and Parks and Recreation Department in the state along with Health and Wellness organizations and many others. We have a data base of 3000 that we mail to and we send a news-release to local newspapers and radio stations around the state. We have articles in Senior News publications and in some specific event publications. Please help us to publicize the event. You may obtain a news release from the state office. (Information included below).
- **2010 registration** forms will be available in May 2010. Please check website.

Questions, comments? E-mail us at goldenolympic.ga@gmail.com or call us at 770-867-3603.