What Happens During National Senior Health & Fitness Day®?

Every Year, On the Last Wednesday in May…
More Than 100,000 Older Adults Across the Country Participate in Health & Fitness Events Hosted by More Than 1,000 Local Organizations… All On The Same Day!

Join Us for Our 31st Anniversary Event:
Wednesday, May 29, 2024
A Thousand Events Happen During National Senior Health & Fitness Day…

“We had a wonderful time — the seniors enjoyed the day immensely! We can’t wait for next year!”

Joan Lecolzky, Administrator
Presbyterian Village North, Pontiac, MI

Jack LaLanne, often called the “Godfather of Fitness,” was the featured Senior Day speaker at the Forest Hills Fine Arts Center in Grand Rapids, Michigan.

(After 75 extraordinary years as one of the nation’s leading fitness experts, Mr. LaLanne died in January, 2011 at age 96.)
“Senior Day is a perfect way to have our seniors recognized during Older Americans Month.”

Wilma J. Witte, Director
RSVP Program, Richmond, MO

All Across the Country!

Former U.S. Assistant Secretary for Aging, Josefina Carbonell, made a special Senior Day presentation to more than 800 older adults participating in events sponsored by the Prince George’s County (Maryland) Parks and Planning Commission.

“The sponsor materials were great and members really appreciated the giveaways!”

Joanne Nathans
St. Agnes Wellness Center
Philadelphia, PA

“You always do a great job!”

Terri Smith
Contra Costa County
Martinez, CA
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1-800-828-8225 (weekdays 8-6 Central time)
E-mail: info@fitnessday.com
Web: fitnessday.com

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Novo Nordisk®
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Zimmer
And many more!

For more information on National Senior Health & Fitness Day: