LEARN TO THINK, EAT AND BE HEALTHY AT BURKE REHABILITATION HOSPITAL’S SENIOR FITNESS DAY

WHITE PLAINS, NY- April 16, 2013-- Did you know that 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, strengthen your bones and muscles, and increase your chances of living longer. As you grow older, it is important to continue taking part in physical activities. A recent study at the University of Illinois Urbana-Champaign found that senior citizens who integrated physical activity into a daily routine began to see an improvement in physical fitness, as well as a raised self-esteem.

Burke Rehabilitation Hospital encourages seniors to participate in physical activity and educates them about the numerous benefits associated with participating in a daily fitness routine. To bring this message home, Burke will be hosting the 2013 Senior Health and Fitness Day from 8:30 a.m. to 4 p.m. on May 29. The event will be held in the Rosedale Room of the Billings Building on Burke’s campus, 785 Mamaroneck Ave. in White Plains. The day’s activities include fitness classes, education seminars and self-improvement information sessions aimed at enhancing daily living.

"Health and fitness is important throughout our lives but becomes especially important as we age,” said Heather Massimo, director of the Fitness Center at Burke. “We want to motivate and encourage people to continue to perform activities of daily living.”
Senior Health and Fitness Day is free and open to the public, with lunch included. Due to space limitations, registration is required. To register, please call Heather Massimo at (914)-597-2578 or e-mail HKEELER@burke.org. If you live in White Plains and need transportation, please call the White Plains Community Center at (914) 422-1423.

The event is sponsored by The Fitness Center at Burke, White Plains Hospital’s Division of Geriatric Services, the City of White Plains Recreation & Parks Community Center, Willow Towers Assisted Living, and Visiting Nurse Services of New York, Sprain Brook Manor Rehab and the Westchester County Department of Senior Programs and Services.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. Burke is both an acute rehabilitation hospital and medical research center. Burke's world renowned doctors and therapists provide state-of-the-art treatment, while research scientists explore the frontiers of neurological and pulmonary medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay.

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