**NEWS RELEASE**

**Local Provider of Care for Seniors Celebrates**

***24th Annual National Senior Health & Fitness Day***

5 Locations Supported by StoneGate Senior Living, LLC to Offer Intergenerational Activities to encourage a Healthy and Active Lifestyle

**LEWISVILLE, TX - (May 23, 2017**) – [StoneGate Senior Living, LLC](http://www.stonegatesl.com/), which provides support services to senior living and care properties in Texas, Oklahoma, and Colorado will join an estimated 1,000 local groups to celebrate the [24th Annual National Senior Health & Fitness Day](http://www.fitnessday.com/) (NSHFD) on Wednesday, May 31, 2017. As official host sites, the following communities will hold an array of activities:

* Pathways Memory Care at Villa Toscana, Houston, Texas
* Reunion Plaza Senior Care and Rehabilitation Center, Texarkana, Texas
* The Homestead of Sherman, Sherman, Texas
* Williamsburg Village Healthcare Campus, DeSoto, Texas
* Tulsa Nursing Center, Tulsa, Oklahoma

The planned events are in cooperation with [Lifetime Wellness](http://www.lifetimewellness.us/), a provider of wellness support services and recreational activities to StoneGate Senior Living, LLC properties for 12 years. The participants at these communities will be among an estimated 100,000 participating seniors across the country. The activities are designed to promote active, healthy lifestyles through physical fitness, hydration, good nutrition, and preventative care.

“We encourage all of our locations to have some sort of intergenerational opportunity within their program,” said Susan McKinney, VP of Operations for Lifetime Wellness. “[This] is an opportunity to show fitness is for all ages, no matter if you’re in your nineties or if you’re nine.”

[NIHSeniorHealth.gov](http://www.nihseniorhealth.gov/) cites the following reasons why exercise and fitness are important to maintain overall wellness as we age:

* Lack of physical activity can lead to more visits to the doctor and more hospitalizations
* Exercise can delay or prevent disease and can serve as an effective treatment for arthritis, heart disease, and other chronic diseases
* Being active on a regular basis can reduce feelings of anxiety and depression

In addition to improving and maintaining health, an active lifestyle can give seniors greater ability to push their grandchildren on swings or in a stroller, to carry their grandchildren to garden, or even complete simple tasks like opening a jar.

**WHAT/VISUAL OPPORTUNITIES:** Outdoor fitness classes, lessons in healthy food choices, hydration stations, basketball contests, Zumba dance parties, guest speakers, and activities for all ages

**WHEN:** Wednesday, May 31, 2017

**WHERE:**

* Pathways Memory Care at Villa Toscana, Houston, Texas
* Reunion Plaza Senior Care and Rehabilitation Center, Texarkana, Texas
* The Homestead of Sherman, Sherman, Texas
* Williamsburg Village Healthcare Campus, DeSoto, Texas
* Tulsa Nursing Center, Tulsa, Oklahoma

**COST:** FREE

**WHY:** This is an opportunity for people of all ages to come together and learn about health and wellness and the benefits of living an active lifestyle.

**To Learn More or Arrange a Media Interview, Please Contact:**

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**About StoneGate Senior Living, LLC**[StoneGate Senior Living, LLC](http://stonegatesl.com/) provides support services to senior living and care properties that offer skilled health care, assisted living, memory support and independent living locations in Colorado, Oklahoma, and Texas. Founded and led by a team of senior living industry veterans, StoneGate understands that careful attention to customer expectations is vital to the success of a senior living and care community. Learn more at [www.StonegateSL.com](http://www.StonegateSL.com).

**About Lifetime Wellness**

[Lifetime Wellness, LTD.](http://www.lifetimewellness.us/) provides quality comprehensive wellness programs to all our partners. Our customized approach affords us the opportunity to improve the quality of lives of all those we touch. Our goal is to ensure that every client we assist is provided with all the tools necessary to achieve success.  Our clients include Independent Living, Assisted Living, Skilled Nursing and Rehab, and Memory Care Facilities. Learn more at [www.LifetimeWellness.us](http://www.LifetimeWellness.us).

**About National Senior Health & Fitness Day®**National Senior Health & Fitness Day is always held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. The program, the largest of its kind, is organized by the Mature Market Resource Center, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, visit [www.FitnessDay.com](http://www.FitnessDay.com).

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