

**No. R-297. House concurrent resolution honoring the Vermont Senior Games Association for its encouragement of physical fitness for older Vermonters.**

(H.C.R.224)

Offered by: Representatives Donovan of Burlington, Berry of Manchester, Christie of Hartford, Clarkson of Woodstock, Frank of Underhill, Lippert of Hinesburg, Macaig of Williston, Manwaring of Wilmington, McCullough of Williston, Miller of Shaftsbury, Pearson of Burlington, Sharpe of Bristol, Sullivan of Burlington, Till of Jericho, and Troiano of Stannard

Whereas, the Vermont Senior Games Association (VSGA), established in 1983, seeks to promote fun, fitness, and fellowship among the 50-years-of-age-and-older generation, and

Whereas, the breadth of the organization's programs ranges from informal physical fitness activities to the demanding State Championships, and even the National Senior Games, which, in 2015, included a record 54 Vermonters who won 25 medals, and

Whereas, VSGA offers athletic competitions in many sports, including alpine skiing, basketball, bowling, golf, Nordic classic, and snowshoeing, and

Whereas, except for the State Championships that offer gold, silver, and bronze medals and charge the participants a nominal fee, VSGA activities are offered without charge, and

Whereas, although the honor of winning medals is a special incentive, the VSGA is intended for all interested Vermonters in the 50-plus age group, and persons of all athletic abilities are invited to enjoy the many activities and become healthier in the process, and

Whereas, the MOVE for well-being program (MOVE) is a partnership between the VSGA and the University of Vermont's Center on Aging intended to encourage physical activity and well-being among Vermonters age 50 and older, who might otherwise not exercise, and

Whereas, major supporters of MOVE include MVP Health Care, Northfield Savings Bank, the Vermont Recreation and Parks Association, and the Vermont Governor's Council on Physical Fitness and Sports, along with many other commercial, educational, and recreational organizations, and

Whereas, VSGA has introduced healthy living options for older Vermonters, enabling the 50-plus generation to enjoy exciting, and often new, recreational opportunities, and

Whereas, today, January 28, 2016, members of the VSGA are visiting the State House to spread the good word that physical fitness is not only for the chronologically young, but meant for everyone, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly honors the Vermont Senior Games Association for its encouragement of physical fitness for older Vermonters, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to the Vermont Senior Games Association.