

Redefining Active



2019 Theme: Redefining Active

Goal:	Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere.
When:	Tuesday, October 1 through Monday, October 7, 2019.
Who:	Active Aging Week is organized by International Council on Active Aging®, the association that supports professionals who develop wellness and fitness facilities and services for adults over 50, and presented by Humana. Events are delivered by ICAA’s members and colleagues.
Where:	Host sites—including retirement communities, seniors centers, health clubs, parks & recreation centers, government departments and NGOs, and apartment/condominium complexes—sponsor activities at their locations, in parks and malls and at community locations such as churches and social clubs.
What:	Local hosts choose activities, such as group walks (both strolls and faster paced), volunteer events, intergenerational activities, group-exercise classes, health fairs, health education, art and craft classes, concerts, dances and demonstrations.
Theme:	<p>The theme for Active Aging Week 2019 is “Redefining Active” because active aging is about so much more than just exercise. It’s about broader engagement—physically, socially, cognitively, spiritually, professionally and civically. Active aging is about engaging with family, friends and/or community, learning and trying new things, volunteering, mentoring, pursuing further professional development, traveling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management.</p> <p>Simply put, active aging is about staying positively engaged in all aspects of life—which ultimately benefits both the individual and broader society.</p>
More information:	www.activeagingweek.com 1-866-335-9777 or 1-604-734-4466