

## About the Montana Senior Olympics

The Montana Senior Olympics is an Olympic-style sports festival for men and women who are at least 50 years of age.

The Montana Senior Olympics offers opportunities to compete for medals in 14 summer sports. Please join us for athletic/recreational games focusing on fellowship in a fun, scenic, and exciting environment.

There are no residency requirements as you compete in 16 activities (winter and summer) in 10 age categories. Medals are awarded (gold, silver and bronze) in all age categories.

Physical activity can improve quality of life in many ways for people of all ages. Active lifestyles provide older persons with regular occasions to make new friendships, maintain social networks, and interact with other people of all ages. Improved flexibility, balance, and muscle tone can help prevent falls – a major cause of disability among older people. It has been found that the prevalence of mental illness is lower among people who are physically active.

The benefits of physical activity can be enjoyed even if regular practice starts late in life. While being active from an early age can help prevent many diseases, regular movement and activity can also help relieve the disability and pain associated with common diseases among older people including arthritis, osteoporosis, and hypertension.

**Our winner of the outstanding Senior Athlete of the Year 2018 was Charles Widdicombe, athlete and board member from Missoula.**