

Peggy Fleming in town for Senior Game send off

KUSA - In the 1968 Olympics figure skater Peggy Fleming won the only US gold medal of the entire games. Forty one years later, she is still healthy, fit and encouraging seniors to stay active.

Peggy was a guest on the 6:20 Sidebar with Susie Wargin on Thursday. To watch the interview, visit the video player to the right of this article.

Peggy is in town for the 2009 Summer National Senior Games send off tour. The biennial games, the largest multi-sport event in the world for seniors, will be held Aug. 1-15 in Palo Alto, Calif.

The send-off will take place at 10am at Skyline Park (15th & Arapahoe) in downtown Denver. Speakers will include Peggy Fleming, local dignitaries, Humana and the National Senior Games representatives, as well as a number of athletes.

More than 10,000 athletes ages 50 and above, including more than 251 from Colorado, will compete in the 2009 Summer National Senior Games, which emphasize vitality at all ages. The athletes will compete in more than 800 events over 15 days in sports including: track and field, swimming, volleyball, triathlon, golf and many more.

Humana and the National Senior Games are recognizing these amazing athletes with an Olympic-sized send-off that will celebrate their accomplishments and champion the benefits of adopting a healthy and active lifestyle.

For more information on the send-off tour and tips on how to get and stay fit over 50, visit www.humana.com/seniorgames or www.nsga.com.

About National Senior Games Association

The National Senior Games Association is a non-profit member of the United States Olympic Committee dedicated to motivating senior men and women to lead a healthy lifestyle through the senior games movement.

The organization governs the Summer National Senior Games, the largest multi-sport event in the world for seniors, and other national senior athletic events. It is an umbrella for member state organizations across the United States that host State Senior Games or Senior Olympics. The NSGA supports and sanctions these member state organizations so that adults can participate in their state in events year-round. www.nsga.com