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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FILE COPY

FOR IMMEDIATE RELEASE:

SENIOR AND OUTDOORSMEN ACTIVITIES AT WELLFEST '90

CHARLESTON, IL--From dancing and camping to more serious issues of health and medical insurance, the Third Annual WellFest, Sept. 29, at Eastern Illinois University will offer a variety of activities.

Sponsored by Eastern's College of Health, Physical Education and Recreation, "WellFest '90 offers activities, demonstrations, screenings and information booths to benefit visitors of all ages and promote their health," according to David Dutler, director of recreational sports at Eastern.

He said although WellFest is an event for all ages, there are a variety of special activities for senior citizens and outdoorsmen.

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WELLFEST

Seniors will have two opportunities to learn about and participate in exercise classes designed especially for them. Chairdancing, led by Phyllis Croisant, associate professor of physical education, involves seniors in several exercises using music.

"For people who cannot exercise standing up, chairdancing allows them the chance to stay fit," Croisant said. The class will be held from 1:30 to 2 p.m. on the North Balcony of Lantz Building.

Seniors who want to keep fit can also shape up at the Super 60s aerobics demonstration and class offered by the Mattoon YMCA from 1 to 1:30 p.m. on the North Balcony of Lantz Building. It involves aerobic exercises beginning with a warm-up and then working on cardiovascular fitness and muscle tone, but at a slower pace and at low-impact for people 60 and over.

The Country Cloggers will present an exhibition of one of the oldest dance traditions in the United States from 11:45 a.m. to 12:30 p.m. on the North Balcony of Lantz.

Representatives from the Senior Health Insurance Program, sponsored by the Coles County Council on Aging, will have a booth set up from noon to 4 p.m., and will evaluate medical insurance policies for senior citizens.

Other exhibits at WellFest '90 of special interest to senior citizens and their families will include several booths offering health screenings such as cholesterol, chiropractic, podiatric and optical screening for all visitors. Many screenings are free.

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WELLFEST

WellFest will also offer the outdoorsman tips on fishing, rifle shooting, camping and survival.

A bass fishing demonstration will be held from 11 a.m. to noon at Lantz Pool. Members of the Illinois Conservation Bass Club will demonstrate the correct use of different lures, rods, and reels. Fishing boats, including a 25-foot bass boat, will be on display throughout the day outside Lantz Building. There will also be open fishing from 7 a.m. to 6 p.m. at the campus pond. Visitors should bring their own fishing equipment.

Eastern's Leisure Studies department will hold a rappelling demonstration at the southeast steps of Lantz from 1 to 2:30 p.m. Bill Smith, associate professor of leisure studies, will demonstrate the proper techniques of rappelling, and visitors will be allowed to participate.

The Reserve Officers Training Corps will host an indoor and outdoor booth, featuring camping and survival techniques for severe and adverse weather conditions.

Marksmen have the opportunity to shoot 10 rounds each at the rifle range on the lower level of the Lantz Building from 10 a.m. to 3 p.m.

The Douglas Hart Nature Center and Lincoln Log Cabin State Historic Site will also have booths at WellFest '90 oriented toward life in the outdoors. Lincoln Log Cabin will sell tickets for its annual quilt raffle throughout the day.

"Wellness is the state of overall well-being including physical, psychological, spiritual and emotional. WellFest '90 is designed to educate students and the public of all ages about wellness in all of these areas," Dutler said.