



New Mexico Senior Olympics, Inc.

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Immediate Press Release

From: Cecilia Acosta, Executive Director cacosta@nmseniorolympics.org 575.642.6048
Date: March 24, 2021
Subject: 2021 State Games Canceled

Senior Olympics Cancel State Games and Offers Virtual Fitness Opportunities

The New Mexico Senior Olympics, Inc. (NMSO) board of directors met in February to determine whether to hold or cancel the 2021 State Games – Summer Games and Team Tournaments due to the pandemic. The board carefully considered survey responses from over 500 participants, as well as other factors related to the health and safety of those involved in the games. Major concerns of the board, included event being a super spreader, lack of training opportunities for senior athletes, lack of senior vaccinations statewide and the safety of our most vulnerable senior participants and volunteers.

Cecilia Acosta, Executive Director for NMSO stated that National Senior Games Association (NSGA) has announced when states will not be conducting games in 2021, senior athletes who qualified for the 2017 and 2019 National Games will be eligible to register for the 2022 National Senior Games scheduled for May 2022 in Fort Lauderdale, FL. For any questions, on qualifying for '22 Nationals, please contact NMSO office at 1-888-623-6676 or nmso@nmseniorolympics.org

NMSO Staff has scheduled virtual events happening now and in months to come. You can register to join a class from anywhere with internet or Wi-Fi access! For more info contact NMSO via website or toll free 1-888-623-6676. All classes are free!

- ❖ Virtual Senior Exercise Class with a certified fitness instructor meeting 3 x per week for classes on Balance, Tai-Chi and Fall Prevention.
- ❖ Evidence-based Remote EnhanceFitness with one of nine instructors meets 3 x per week for one hour. EnhanceFitness classes concentrate on strength, balance, and cardio.
- ❖ Stay at Home Challenge Season 2 allows seniors to play safely from home and submit monthly results for 17 different sports/activities - results appear on our website and one lucky participant will win a \$100 Gift Card each month.
- ❖ Walk4Fitness – a 12-week walking club activity is happening in six cities. Seniors walk outdoors safely in small groups 3 x per week and log their walking activity. Participants receive great fun class incentives each month and are entered in a drawing to win a free pair of walking shoes. Each site has a Walk Leader to organize walks!

New Mexico has conducted State Senior Olympic Games for forty years and the staff at NMSO lead by Ceci and Terry are great advocates for senior tournaments and health promotion activities year-round. Please contact NMSO at 1888-623-6676 or email us at fitness@nmseniorolympics.org if we can connect you with a Virtual Fitness Class Activity.

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