



For Immediate Release

March 8, 2011

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SECOND ANNUAL HEALTH AND PEAK PERFORMANCE CONFERENCE SATURDAY, MARCH 26, 2011

A Program of the 2011 California Senior Games Championships

PALO ALTO – March 8, 2011 – Inspired by the popular Peak Performance Lectures initiated at the 2009 Summer National Senior Games and the national conversation about health, aging and care, the **Second Annual Health & Peak Performance Conference** will take place on Saturday, March 26, at Stanford. Keynoting the event will be Laura Carstensen, PhD Stanford Professor, Director of Stanford's Center on Longevity and panelist on Tom Brokaw's *Generation Ageless*, now showing on PBS. The day will also feature lectures on fitness, performance and nutrition, a discussion of current research on aging, a luncheon and panel discussion with Olympians Willie Banks (track & field-1980, 84), Barbra Higgins (fencing-1984) and Anne Warner Cribbs (swimming-1960). The Health and Peak Performance Conference is a community program from the California Senior Games Association and registration is open to all.

Lectures include:

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| • Laura Carstensen, Ph.D. | A Long Bright Future |
| • Anne Friedlander, Ph.D. | Physiology of Aging: How Much is Preventable with Physical Activity? |
| • Clyde Wilson, Ph.D. | Athlete Nutrition |
| • Eswar Krishnan, M.D. | Aging & the Immune System |
| • Michael Merzenich, Ph.D. | Brain/Body Synergy, Posit Science |
| • Rebecca Shultz, Ph.D. | Biomechanics of Sports |

John Guislin, California Senior Games Association Board Member and the 2011 HPPC organizer says, "We've added thirty years to our lifespan this past century; we want to invite the community to learn what this extra time means to our society and how to maximize your enjoyment of these added years."

The upcoming Fifth Annual Bay Area Senior Games, will be held March 26 – April 3, 2011 at venues in Santa Clara and San Mateo Counties and serve as the California State Championships in 2011 and in 2012. These men and women are shining examples of the benefits of an active, competitive lifestyle that embraces vitality and exemplifies the slogan of the Games, "*The competition never ends.*"

The Bay Area Senior Games and the 2011 California Senior Games Championships are conducted under the auspices of the Bay Area Sports Organizing Committee (BASOC).

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