



NEWS FROM U.S. SENATOR LARRY CRAIG
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Washington, DC 20510

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Opening Statement of Senator Larry Craig, Chairman
Hearing on "Fitness and Nutrition: The Prescription for Healthy Aging"

Good Morning. Today's hearing will explore the importance of fitness and nutrition for older Americans. We are holding this hearing to highlight the need for all Americans over the age of 50 to be active, to focus on a nutritious diet and to take advantage of routine nutrition screenings. Most importantly, all of these activities can be started at any age.

This is a timely hearing because March marks the Meals on Wheels Association's "March for Meals" campaign. This is a national initiative carried out by local senior meal programs throughout the month of March. I would like to welcome the members of the Meals on Wheels Association who are here today.

Many people think that that physical decline is an inevitable consequence of aging. Today, we have assembled a panel of witnesses who will speak to the contrary.

We will hear from witnesses who will talk about how becoming active -- at any age -- can actually help extend our lives and improve our quality of life. Today's witnesses will demonstrate that fact by living very active lifestyles well into their seventies and eighties. We also have nutrition experts who will discuss how simple eating habits and nutrition screening can help us live healthier lives and may also help reduce overall health care costs in this country.

As Chairman of the Senate Special Committee on Aging, I welcome this opportunity to encourage all seniors to take better care of themselves. Our testimony will show that it is possible to live healthy active lifestyles at any age.

Our first witness really needs no introduction. Lynn Swann, who we all know as a Pittsburgh Steeler and an ABC Sports broadcaster is here today in his capacity as Chairman of the President's Council on Physical Fitness. He will talk about healthy aging and how the President's council is promoting physical fitness for seniors. We are very fortunate to have him here today and welcome him to the Special Committee on Aging.

We have on our second panel Dr. Judith Salerno, Deputy Director of the National Institute on Aging; Alfred Maguire, a 77 year old swimmer from Twin Falls, Idaho who competes in the Idaho and National Senior Games; and Sam Ulano, an 82 year jazz musician and author.

On our third panel we have Linda Netterville, the President of Meals on Wheels of America; and Dr. Jane White, Professor of Family Medicine at the University of Tennessee-Knoxville.

I'd like to thank all of our witnesses for being here today. I look forward to hearing your testimonies.

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