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Veterans to Showcase Fitness at National Veterans Golden Age Games

WASHINGTON — Nearly 800 Veterans of age 55 and older will join volunteers and rehabilitative professionals from across the country for the 31st [National Veterans Golden Age Games](#), scheduled May 7-11 in Biloxi, Mississippi.

This annual competition organized by the Department of Veterans Affairs (VA) and supported by national sponsor Veterans Canteen Service, is the only national multi-event sports and recreational senior competition aimed at improving the quality of life for all older Veterans, including those with a wide range of abilities and disabilities as a senior adaptive rehabilitation program.

Since 2004, the National Veterans Golden Age Games have served as a qualifier for competition in the [National Senior Games](#), held every other year.

“At VA, we encourage Veterans to lead active, healthy lives, and recognize that sports, recreation and activity — in particular for our senior Veterans — are an integral part of any successful health and wellness program,” said VA Secretary [Dr. David J. Shulkin](#). “These games are a great example of Veterans staying fit and enjoying friendly competition at the same time.”

At the games, Veteran athletes will compete in 14 events, such as cycling, field events and swimming, and several exhibition events, including basketball. Registration for the event has closed.

For more information and a schedule of the games’ events, visit <https://www.va.gov/opa/speceven/gag/> and follow VA Adaptive Sports on Twitter at @VAAdaptiveSport, or on Facebook at www.facebook.com/vaadaptivesports.

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