

Program Rewards Boomers' Volunteer Ideas

(NAPSA)—A new program encourages boomers to stay healthy so they can be helpful.

The initiative—called Boomers Building a Better America—will award grant money to baby boomers who come up with the three best volunteer program ideas. Baby boomers across the nation can participate by submitting project ideas and photos and commenting on others' efforts.

Anyone can vote for the project he or she feels is most deserving of the grant money. Three final project winners will be chosen by an independent panel of judges that will also include community activists and famed Olympic champion gymnasts Nadia Comaneci and her husband Bart Conner.

The program is sponsored by Elations, a leading glucosamine and chondroitin liquid supplement. Comaneci and Conner are the national spokespeople for the grant program.

"We are so proud to be a part of the 'Boomers Building a Better America' initiative," said Comaneci and Conner. "Baby boomers are the largest, healthiest, best-educated generation in history, and we have a responsibility to show younger generations just how truly vital helping others is."

Boomers And Volunteerism

Recent trends indicate that instead of just writing checks, boomers are seeking volunteer experiences to stay active and utilize their skill sets and physical abilities.

Boomers are already doing their part to build a better America by volunteering in their local communities in record numbers. According to the U.S. Bureau of Labor Statistics, during 2009 there was a jump in volunteerism across all generations—a million and a half



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more volunteers donated time to schools and other projects in their community than last year—but boomers led the way.

Staying Healthy Is Key

Active volunteerism is about staying healthy so you can stay helpful. Comaneci and Conner recommend the following tips to help you lead a healthy lifestyle.

Make sure you take the glucosamine and chondroitin supplement Elations to maintain an active and healthy lifestyle. The supplement is formulated to improve joint comfort, maintain healthy joints and promote healthy joint function.

Keep your program simple—come up with a program that you are likely to do regularly. Complicated training regimens tend to “go out the window” when your schedule gets busy. Remember, consistency is key—it is better to do a little each day than overdo it and miss the following week of activity because you are too sore or tired.

Program Timetable

To learn more about this program and apply for the grants, log on to www.Facebook.com/Elations.