



MISSION

The Games provide eligible senior Veterans with the opportunity to engage in rehabilitative sport and recreation competition.

HISTORY OF THE NVGAG

In 1985, the first NVGAG took place in Albany, GA with 115 competitors representing VA medical facilities across the United States. This outstanding program has grown from 115 competitors to almost 800.

COMPETITION

Competitive events include: air pistol, air rifle, badminton (singles and doubles), basketball (3-on-3, free throw), blind disc golf, boccia (singles and doubles), bowling, cycling, field (discus, javelin, shot put), golf, horseshoes, nine ball, pickleball, power walk, shuffleboard, swimming, table tennis and track. Local exhibition event(s) are typically offered each year.



VA | U.S. Department of Veterans Affairs

Sports and fitness are vital ingredients of VA's National Rehabilitation Special Events. Physical activity and friendly competition engage the mind as well as the body, and recreation therapy fills a special need in the lives of older patients at VA health centers across the country.

VA research and clinical experience verify that physical activity is particularly important to the health, recovery and overall quality of life for older people. The NVGAG is a national showcase for the preventive and therapeutic value of sports, fitness and recreation for all older Americans.





ELIGIBLE VETERANS

Veterans must be 55 years of age and older, and eligible for VA health care.

There are eight age categories:

| | | |
|-------|-------|-------|
| 55-59 | 70-74 | 85-89 |
| 60-64 | 75-79 | 90+ |
| 65-69 | 80-84 | |

There are three divisions:

- AMBULATORY
- VISUALLY IMPAIRED
- WHEELCHAIR



The National Veterans Golden Age Games

is the premier senior adaptive rehabilitation program in the United States, and the only national multi-event sports and recreational seniors' competition program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities.

The National Veterans Golden Age Games is one of the most progressive and adaptive rehabilitative senior sports programs in the world.

BEYOND THE NVGAG

Since 2004, the Games serve as a qualifying event for competition in the National Senior Games in a number of competitive events. www.nsga.com



REHABILITATIVE VALUE

VA research and clinical experience verify that movement and exercise are particularly important to the health, recovery and overall quality of life for older Veterans.

CLINICAL GOALS

- Obesity, diabetes & hypertension prevention
- Decrease risk for falls
- Maintain or gain strength and endurance for both activities of daily living (ADLs) and quality of life activities

CLINICAL OUTCOMES

- Improved functional status
- Improved cardiovascular functioning
- Increase muscle mass and strength
- Preventing and delaying illness and disability

“The games represent...an active, healthy lifestyle in later years, sportsmanship, dignity and respect for fellow Veterans.” -- NVGAG Coach

“Preparing for the Games gave back my life, and a better form of me!” -- NVGAG Athlete