

# SAFE Screenings Popular Among Athletes

By Joey Erickson

For the third time, the National Senior Games is offering the Senior Athlete Fitness Exam (SAFE) screenings.

Becca Jordre, M.D., a board certified Geriatric Specialist and faculty member at the University of South Dakota, developed the screenings as a way to connect with senior athletes. Jordre arranged for local physical therapists and physical therapy students to offer the SAFE screenings during The Games in Minnesota. "They just want to interact with the senior athletes," Jordre said.

Although the SAFE screenings have been busy, they are getting a positive reaction from the athletes who have completed the activity. "We did almost a day's worth of tests [Friday] morning," Jordre said.

SAFE first appeared at the 2011 National Senior Games presented by Humana. It's a research activity intended to promote continued health and wellness in senior athletes. The screening looks at four areas of athlete health: cardiovascular health, flexibility, strength, and balance. It takes about 20 minutes to complete and athletes can receive their results by email.

SAFE is located at The Village: A Health and Wellness Expo and Athlete Experience sponsored by AstraZeneca Diabetes.



Karen Newman receiving a SAFE screening.

Photo Marie Eriel Hobro