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Peoples Health Champion Honored at Saints Final Season Home Game

Metairie, La. - The Peoples Health Champions program honored Slidell resident John Boots, its tenth and final Champion of the 2011-2012 NFL football season, on Sunday, January 1 during the New Orleans Saints regular-season finale against the Carolina Panthers. A Peoples Health Champion is someone who has done something extraordinary after age 65 and who proves that excellence is achieved through experience.

On July 31, 2011, at age 92, Boots earned number one rankings for both 800- and 1500-meter races at the USA Masters Outdoor Track & Field Championships in Berea, Ohio. He's been breaking records and earning medals since he first started running competitively in 1982...at age 63.

Boots took up running after a health checkup revealed multiple problems with his heart. Unwilling to accept the diagnosis as a mandate to relax and slow down, he sought to strengthen his cardiovascular capacity. Daily walks led to jogs, and it wasn't long before his routine became 5-mile runs. Boots was soon competing in races around the world and earned an impressive collection of medals and awards before running-related injuries began to take a toll on his joints in his early 80s. So, he adopted an entirely new way of running (the Pose Method) that protected his joints. Despite the challenge of "relearning" a routine activity, Boots' incredible discipline and determination have resulted in faster times and new records at age 92.

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About Peoples Health Champions

In collaboration with the New Orleans Saints, the Peoples Health Champions Program honors individuals who shatter the myth that ability diminishes after the age of 65 and who instead prove that excellence is achieved through experience. Nominees must be at least 65 years of age and reside in southeast Louisiana or the Mississippi Gulf Coast. For more information about the program, including details on how to nominate someone as a Peoples Health Champion, visit <http://champions.peopleshealth.com>. Nominations can be submitted online, or call (877) 712-7320 for a nomination form.

About Peoples Health

Established in 1994, Peoples Health is a Medicare Advantage organization serving Medicare beneficiaries in southeast Louisiana. The physician-owned company has over 600 employees who help administer and provide a unique approach to wellness, care coordination and support services for plan members. The company is a proud supporter of many social, cultural, athletic and health organizations and holds an accreditation by URAC. For more information about Peoples Health, visit <http://www.peopleshealth.com>.

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