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Peoples Health Honors Champion Edgar Schafer at Saints Home Game

METAIRIE, Louisiana – The Peoples Health Champions Program honored Edgar Schafer during the New Orleans Saints game against the Chicago Bears on Sunday, Oct. 29, 2017, for starting a successful personal training business at age 66. Schafer was honored for doing extraordinary things after age 65, proving that excellence is achieved through experience.

On Jan. 7, 2013, Schafer launched Encore Fitness, a company that specializes in helping people older than age 50 create and maintain healthy, active lifestyles. He utilizes his lifelong passion for physical fitness and decades of sales experience to motivate his clients, helping them improve strength and flexibility despite the physical challenges aging can present.

“In my 71 years, I’ve learned that staying in shape involves pain,” says Schafer. “Either the pain of discipline or the pain of regret.” For more information on Schafer’s achievements and fitness philosophy, visit <http://champions.peopleshealth.com/meet-the-champions>.

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 Louisiana. 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 1-877-712-7320 for a nomination form.

About Peoples Health

Established in 1994, Peoples Health is a Medicare Advantage organization serving more than 60,000 Medicare beneficiaries in Louisiana. Peoples Health Medicare health plans have been rated 4.5 out of 5 stars by Medicare for 2018, making them the highest-rated plans in the state. The physician-owned company administers and provides 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 NCQA accreditation. Visit <http://www.peopleshealth.com> for more information.



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