



# NATIONAL VETERANS GOLDEN AGE GAMES

## National Competitor Profile

### Bernard Gibson – Former Senior Olympian Goes for the Gold!

Eleven short years ago, Bernard Gibson underwent triple bypass surgery for blocked arteries caused by high cholesterol. Today, he's an exceptional athlete, maintaining his steadfast commitment to healthy living.

Only a year after his surgery, Gibson was competing again in the U. S. Senior Olympics. In August 2007, he'll compete in another national event, this one for the eighth time - the National Veterans Golden Age Games.



At the Golden Age Games, the 72-year-old Gibson, who lives in Washington, D.C., will compete against other veterans in his age group in table tennis, bowling and discus. A true athlete, Gibson participates in the Games because "it keeps me in good condition and good health," he said. "Competing makes me healthier and forces me to stay in good shape!"

A retired Washington government worker, Gibson has traveled throughout North America competing in senior sports. Asked why older veterans should get involved in VA's national programs Gibson said, "I think veterans should participate in the Games, especially as they get older. It keeps them active. It contributes to a longer life and gives them something to look forward to every year!"

Gibson now shares his athletic talent and commitment to healthy living with other veterans. Twice each week as a volunteer at the VA Medical Center in Washington, D.C., Gibson coaches veterans who are recovering in the nursing home. Three of his protégés will be joining him at the Golden Age Games as fellow competitors in table tennis. "I am gratified to see their changes in attitude and outlook on life, the physical progress they've made, and their improved athletic ability."

At the 2007 Games in Houston, Tex., he'll be able to meet more than 600 new friends who are all signed up and ready to compete in the largest senior competition for veterans in the world!

