

Zimmer Sponsors Winter National Senior Games

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Zimmer and the National Senior Games Association Welcome Athletes to Rochester

ROCHESTER, N.Y., Sept. 29, 2011 /PRNewswire/ -- Zimmer Holdings, Inc. joined the National Senior Games Association to launch the 2011 Zimmer Winter National Senior Games.

As a global leader in musculoskeletal health, Zimmer is proud to join with the National Senior Games Association to showcase the athletic achievements of 356 athletes assembled for this year's winter games.

"We applaud the athletes at this year's games as they demonstrate what can be achieved by embracing an active lifestyle," said Jeffery A. McCaulley, President, Zimmer Reconstructive. "The dedication and spirit of these athletes is an inspiration for everyone at Zimmer as we work to develop innovative and personalized technologies that help restore mobility and renew active lifestyles for seniors all around the world."

The Winter National Senior Games were created to promote healthy lifestyles for seniors through education, fitness and sports. Athletes will compete in four sporting events from September 29 through October 2, including curling, ice hockey, pickleball and speedskating. To qualify, athletes must be at least 50 years of age as of December 31, 2010.

"We are thrilled by the energy and excitement of our participants this year," said Clay Harris, Manager of Marketing and Sponsor Relations for the National Senior Games Association, the not-for-profit facilitator of the Winter National Senior Games. "The games encourage a healthy lifestyle, helping people stay active at a time when physical activity is particularly important."

Regular physical activity has been shown to reduce morbidity and mortality from many chronic diseases. However, despite the well-known benefits of physical activity, many senior adults lead a sedentary lifestyle. Data from the National Health Interview Survey shows that nearly four in ten

adults report no participation in leisure-time physical activity, and these numbers increase as people age.

Zimmer recognizes that the activities that seniors enjoyed in the past, coupled with the normal effects of aging, can wear out joints, causing pain and preventing people from pursuing activities.

Fortunately, advances in orthopaedic technology help alleviate pain and restore people to active lifestyles. People suffering from joint pain should consult an orthopaedic specialist, or visit Zimmer.com to learn more about available treatment options.

The Games will take place from September 29 to October 2, 2011 at three different venues in the Rochester area, with athletes coming to Rochester from across the United States and Canada to compete in the four events. Admission to all the events is free to the public.

For more information about the 2011 Summer National Senior Games, go to www.nsga.com/2011-national-games.

For more information about Zimmer, visit www.zimmer.com.

About Zimmer

Founded in 1927 and headquartered in Warsaw, Indiana, Zimmer designs, develops, manufactures and markets orthopaedic reconstructive, spinal and trauma devices, dental implants, and related surgical products. Zimmer has operations in more than 25 countries around the world and sells products in more than 100 countries. Zimmer's 2010 sales were approximately \$4.2 billion. The Company is supported by the efforts of more than 8,000 employees worldwide.

About National Senior Games Association

The National Senior Games Association is a non-profit member of the United States Olympic Committee dedicated to motivating senior men and women to lead a healthy lifestyle through the senior games movement. It is an umbrella for member state organizations across the United States that hosts State Senior Games or Senior Olympics so that adults can participate in their state in events year-round.

SOURCE Zimmer Holdings, Inc.

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