



**FOR IMMEDIATE RELEASE**

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## **Touchmark announces expansion New health and fitness club will be among offerings**

MERIDIAN, Idaho –Residents and staff of Touchmark at Meadow Lake Village looking to improve their overall fitness will have a new option next year. Touchmark is breaking ground this month for a new health and fitness club designed specifically for older adults. The club will be on the north side of the new Elkhorn Lodge. The remainder of the 75,800-square-foot building will include 59 lodge homes and assisted living services for people needing daily medical/personal support.

The \$17 million project will provide work for 150 people during construction as well as add approximately 45 staff positions when completed.

“With today’s emphasis on the role of regular fitness on overall health and wellness, we are excited to add this comprehensive club to our campus,” says Touchmark Executive Director Matthew Hoskin, adding that the community has outgrown its current health and fitness center.

Hoskin also noted that as the community has grown, so, too, has the need for additional assisted living services.

### **Health and fitness club added**

The new club is designed specifically to meet the needs of older adults and will include specialized equipment, an indoor heated pool, fitness studio, bistro/juice bar, personal trainers, medically based fitness programs and group exercise classes, such as Zumba® and Aqua Zumba®.

A fitness room will feature Keiser pneumatic equipment, which can be adjusted in one-pound increments, providing superior resistance while being easy on joints.

Touchmark’s Fall Reduction and Awareness Program also will be offered, and trainers will be able to use the NeuroCom® Balance Master®, advanced equipment that applies interactive computer technology to identify and evaluate a person’s unique balance and movement patterns.

A new outpatient therapy service with experienced rehabilitation professionals will be  
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available for people recuperating from surgery, recovering from an injury or living with a chronic illness. Touchmark Home Health & Home Care staff will be based in the club as well.

The two-story club will be 18,250 square feet and is expected to open in fall 2015.

**Additional assisted living services**

The three-story, 57,550-square-foot area offering assisted living services will give people a choice of 59 homes and daily services to help support their medical and personal needs.

Homes will include studio, one-bedroom and two-bedroom designs ranging from 425 to 895 square feet. All studios will include a large, private bathroom.

Large living rooms, a dining room, activity rooms and hair salon also will be available for all residents.

It is expected that the Elkhorn will be completed by the end of 2015.

Construction for the project will get under way in October. Architects are LRS Architects and Joseph Billig, AIA, senior vice president of Touchmark Development & Construction. Rick Wessell, senior vice president and director of construction for Touchmark Development & Construction, will oversee the expansion. Andersen Construction is the general contractor.

**About Touchmark at Meadow Lake Village:**

Touchmark at Meadow Lake Village is an award-winning, full-service retirement community offering a range of homes and lifestyle options. These include single-family cottages and apartments, independent and assisted living, memory care, home health and home care. The nearly 100-acre campus includes a scenic lake surrounded by a nine-hole, par 3 irons golf course, walking paths and more. More information is available at [Touchmark.com](http://Touchmark.com).

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