



For immediate release

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Exhaustion in older adults can turn to vitality with exercise Active Aging Week celebrated internationally Sept. 27 - Oct. 3

EDMOND, Okla. — Imagine if you could barely walk and had to depend on others to help you complete even the simplest of tasks. That was Billie Van Nostrand a few months ago. At 83 years old, Van Nostrand had lost her independence and confidence due to severe muscular atrophy, a condition caused by prolonged inactivity.

When Van Nostrand was younger, she walked several times a week. Over time, she became less and less active and with her inactivity began to lose confidence in her ability to complete daily tasks. She decided to take a fitness class at Touchmark at Coffee Creek, the retirement community where she lives.

“She would walk into class and was totally exhausted,” said Becky Major, an exercise trainer for Touchmark. “She had lost all of her confidence, but her body was capable. She just needed a plan and some motivation.”

After a few weeks of group exercise, Van Nostrand decided to start private training with Major. They met three times a week for 40 minutes. Van Nostrand’s progress was slow at first, but after a few weeks, she began to improve.

“At first, my balance was terrible,” said Van Nostrand. “It would take me three or four tries just to stand up. But Becky was great. She pushed me, and I needed that. It was hard, but now I can walk, and I don’t feel like I’m going to fall over.”

“We see this a lot with older people,” said Major. “Slowly, they just stop moving as much, and their muscles start to get weak. But they can get it back. Muscles don’t know age. They’ll get stronger if you train them.”

According to Major, today’s seniors should be able to stay active and continue to do most of the activities they enjoy as long they exercise consistently.

Active Aging Week Sept. 27 through Oct. 3

Active Aging Week is an international observance held each year during the end of

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September to showcase the potential of older adults to lead active and healthy lifestyles. Initiated in 2003 by the International Council on Active Aging, the week features a variety of activities and events both locally and internationally.

Touchmark will host several events to help promote active lifestyles during that week. (See inset.)

Today Van Nostrand is able to walk with confidence. She no longer uses a cane or walker at home and is able to walk with her husband at the mall. Her workouts include squats and balance work.

“And she walks up to 12 minutes on the treadmill three times a week,” said Major. “She just really has improved greatly.”

“If I can do it, anybody can, said Van Nostrand.”

INSET

Touchmark invites public to Active Aging Week activities

Active Aging Week highlights that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental, according to the International Council on Active Aging.

Touchmark encourages adults to attend events during Active Aging Week, the annual health promotion event organized by the ICAA. All events are open to the public and will be held at 2801 Shortgrass Road in Edmond. There is no charge for any of the activities:

- Tuesday, Sept. 29, 9 a.m. — Health Fair. A variety of professionals will be on hand to offer information relating to healthy aging. Participants include Focus On Function, Smith Medical Equipment (offering mobility-equipment repairs), Lynn Health Science Institute, Vitality Chiropractic (measuring muscle tension) and more.
- Wednesday, Sept. 30, 1 p.m. — “Healthy Habits for a Healthier You,” presented by the Alzheimer’s Association. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Find out how to incorporate recommendations into a plan for healthy aging.
- Friday, Oct. 2, 9-11:30 a.m. — Poker Walk. Pick up cards and create a poker hand while visiting with representatives from the Arthritis Foundation, Discount Pharmacy, Right at Home, Gentiva Health Services and other businesses serving older adults.

For more information on the events of Active Aging week, please contact Touchmark at Coffee Creek at 405-340-1975.

About Touchmark

Touchmark at Coffee Creek is a full-service retirement community located off Covell at 2801 Shortgrass Road in Edmond. Touchmark is part of North Edmond’s Coffee Creek planned residential development, which includes 638 acres of homes, a golf course, recreational centers, and walking and biking trails. More information is available at TouchmarkEdmond.com and by calling 405-340-1975.