



For immediate release

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## **Touchmark offers senior fitness testing during Active Aging Week**

HELENA, Mont. – Complimentary fitness testing for seniors will be offered at Touchmark on Saddle Drive Thursday, Oct. 1, from 9 to 11:30 a.m. as part of its Active Aging Week celebration.

UM-Helena nursing students will provide the tests, and no appointment is necessary. Touchmark is located at 915 Saddle Drive.

The Senior Fitness Test is a series of standardized physical fitness tests, which measure upper- and lower-body strength, upper- and lower-body flexibility, balance and agility, body-fat percentage and cardiovascular fitness. The tests were developed to be safe and enjoyable for older adults, while meeting scientific standards for reliability and validity. No appointment is necessary.

“These assessments are easy to understand and an effective way to measure aerobic fitness, strength and flexibility using minimal equipment,” says Touchmark Life Enrichment/Wellness Director Nanette Whitman-Holmes. “Older adults need to have adequate strength, flexibility and endurance to accomplish everyday tasks. Assessing these aspects of fitness can detect weaknesses, which can be addressed before causing serious functional limitations.”

For more information about the testing or Active Aging Week, call 449-4900.

### **About Active Aging Week**

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year at the end of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

### **About Touchmark**

A full-service retirement community, Touchmark on Saddle Drive offers people a wide range of homes and lifestyle options, including memory care services. More information is available at [Touchmark.com](http://Touchmark.com).

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*Full-service Retirement Community*  
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