

NEWS RELEASE



FOR IMMEDIATE RELEASE

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Health/fitness club tailored for adults opens

MERIDIAN, Idaho – The numerous benefits of regular exercise to physical and cognitive health are undeniable, especially as we age, and a new, unique club has just opened to serve residents and staff of Touchmark at Meadow Lake Village.

According to Touchmark Executive Director Matthew Hoskin, the club is an important addition to the health and wellness for people living and working at the retirement community. “We are committed to improving people’s well-being, and had outgrown our previous health and fitness center. This new club is specifically designed for adults and offers equipment and programming typically not found in other clubs,” he said.

The 18,250-square-foot club includes:

- 50- by 25-foot indoor heated (86 degrees) pool for lap swimming and group classes
- Warm-water (101 degrees) spa pool with whirlpool jets and seating for eight people
- Fitness equipment such as True Fitness ellipticals, treadmills and recumbent bikes; NuStep total body exercise system and more
- NeuroCom® Balance Master®
- Group exercise room
- Massage therapy

A unique offering is functional fitness training. Unlike traditional strength training using free weights that strengthen isolated muscles, functional fitness uses a variety of equipment to engage multiple muscles simultaneously. In addition to improving strength, the training enhances balance and flexibility. As a result, participants experience increased function in their daily activities.

Certified personal trainers/exercise specialists provide the functional fitness training in studios created for individual and small-group sessions. The range of equipment used includes a Jungle Gym training system, universal training system, BOSU® balance-training device and stability balls.

Residents also have a wider variety of classes available to them such as Aqua Zumba®, Arthritis Flow, Low-impact H2O Aerobics, Aqua Pi-Yo-Chi™, Balance & Posture, Core Management, Fit & Fun, Balanced Body and more.

“Our trainers are especially skilled in working with adults,” says Hoskin, “and class participants appreciate the attentive support.” He adds they also enjoy the fun, social aspects of the club including getting together in the bistro after a workout.

Health/supportive services offered

A new outpatient therapy service with experienced rehabilitation professionals will support
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those recuperating from surgery, recovering from an injury or living with a chronic illness.

The new Balance Master is a unique tool to assess balance and mobility. The advanced equipment applies interactive computer technology to identify and evaluate a person's unique balance and movement patterns. Knowing this, professionals can recommend specific routines/exercises to improve the balance.

Architects for the project were 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, is overseeing construction. 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. In addition to the new club, the nearly 100-acre campus includes scenic lakes, a nine-hole, par 3 golf course, walking paths and more. More information is available at Touchmark.com.

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