



FOR IMMEDIATE RELEASE

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Touchmark offers tips on balance and safety during icy weather

BISMARCK, N.D. – Winter-like weather blowing in before Thanksgiving is bringing snow and ice, which means slippery conditions—just a taste of what we can expect in the coming months. Nick Henkelman, Touchmark Health & Fitness Club director, has some tips on how to stay upright through the cold months ahead.

“Winter in North Dakota can be a hazardous time for anyone trying to navigate walking on icy ground,” says Henkelman, “but it is potentially an especially dangerous time for seniors.” He shares some tips on how to handle walking on ice—helpful advice for all ages:

- Wear shoes or boots that provide traction
- Walk flat-footed with center of gravity over the feet
- Take short steps or shuffle for stability on ice
- Watch where you’re walking and go slowly
- Be extra cautious exiting or entering a vehicle

Henkelman also recommends people do regular strength-training exercises at least two times a week that concentrate on core muscles, including frontal (moving side-to-side), transverse (rotational movement) and sagittal plane (moving forward and backward). “I also suggest people take it slowly when getting up from sitting or lying down.”

For more information on balance and safety tips for older adults, please contact Henkelman at 701-355-1280.

About Touchmark Health & Fitness Club

The Touchmark Health & Fitness Club serves people 40-plus years and offers a range of classes, personal training and a heated indoor pool. For more information, visit Touchmark.com.

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