

NEWS RELEASE



For immediate release

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Fitness key to preserving function while aging

VANCOUVER, Wash. — Physical activity is key to preserving the body and mind's ability to function well as we age as research has shown.

Touchmark at Fairway Village Health & Fitness Director Kim Lehmann will offer a presentation on functional fitness at 2 p.m. on Thursday, March 24. There is no charge for the presentation, which will be held at Touchmark, 2911 S.E. Village Loop, Vancouver.

Lehmann will discuss the definition of functional fitness; how it applies to all ages, abilities and cognitive levels; how it is assessed; what happens to people's functional abilities as they age; why it's important and, most importantly, what people can do to improve their own functional abilities regardless of their personal baseline.

For more information or to RSVP by March 22, call 360-433-6308.

About Touchmark Health & Fitness Club

Located in East Vancouver's Fisher's Landing neighborhood at 2927 SE Village Loop, the Touchmark Health & Fitness Club serves people age 40-plus and offers a range of classes, personal training, specialized equipment and heated indoor pool. Visit Touchmark.com for more information.

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TOUCHMARK HEALTH & FITNESS CLUB

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