



For Immediate Release

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## **Healthy aging focus of new Touchmark Health & Fitness Club**

SIOUX FALLS, S.D. – Providing opportunities for healthy aging has always been a priority of Touchmark, and with the addition of its new Health & Fitness Club and new Health & Fitness Director Robert DiBonto, Sioux Falls residents have even more opportunities to enrich their lives through wellness.

According to DiBonto, the new year is not only a good time to make resolutions but also to set goals that provide a direction for keeping those resolutions.

The new Touchmark Health & Fitness Club is being built to cater to the needs of people over 50 with the understanding that wellness — in all its dimensions — can increase longevity and lead to a full life.

According to the National Center for Health Statistics, the latest numbers for life expectancy in the U.S. are 78.8 years. This reflects increased life expectancy at age 65 for both men and women. What these additional years will look like will depend largely on how people take care of themselves.

DiBonto says, “Health and fitness are measured by how efficient the heart and lungs work, the range of motion of the joints, the strength and endurance of the muscles. There are numerous considerations beyond appearance when it comes to good health and fitness.”

The 14,000-square-foot, state-of-the-art Club will feature:

- 20’ x 50’ heated pool
- Spa pool with whirlpool jets
- Group exercise room for fitness classes
- Fitness equipment including ellipticals, treadmills and recumbent bikes
- NeuroCom® Balance Master® (evaluates balance and movement patterns using technology)

Certified exercise specialists and personal trainers will offer one-on-one and group support and functional fitness training to help members increase strength, balance and flexibility. Their overall goal: to increase people’s abilities to function better in their daily activities.

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DiBonto will be helping members to set SMART fitness goals and keep them. He is committed to incorporating the seven essential wellness dimensions – being physically active, nurturing spirituality, connecting with the environment, learning new challenges, maintaining a positive attitude, being socially engaged and volunteering or working – into those goals.

But more importantly, DiBonto and staff are committed to helping adults live well.

DiBonto is a Certified Exercise Physiologist through the ACSM and a Certified Functional Aging Specialist through the Functional Aging Institute. Additionally, he is certified by the American Heart Association as a FirstAid/CPR instructor and AHA Facilitator. Early in his career, he participated in a professional development program at the University of Virginia in its Strength and Conditioning Program. He holds a membership with the American College of Sports Medicine. (Bio attached.)

An award-winning retirement community, Touchmark at All Saints offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit [Touchmark.com](http://Touchmark.com).

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