

# NEWS RELEASE



For immediate release

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For further information:  
Robert DiBonto  
605-335-1117

## **Senior Fitness Testing offered at Touchmark**

SIOUX FALLS, SD — Fitness testing for individuals age 55 and older will be offered at Touchmark at All Saints Tuesday, February 7 from noon to 5 p.m.

There is no charge, and the public is invited to participate. Touchmark is located at 111 W. 17th Street. Participants need to call 605-335-1117 to reserve their 30-minute time slot.

The Senior Fitness Test is a simple method of assessing the physical attributes older adults need in order to perform daily activities. The tests measure lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility and balance. Individual screenings involve common activities such as getting up from a chair, walking, lifting, bending and stretching. The tests were developed to be safe and enjoyable for older adults, while meeting scientific standards for reliability and validity.

“Fitness is very important for all ages, and older adults especially need to have adequate strength, flexibility, and endurance to accomplish everyday tasks,” said Touchmark Health & Fitness Director Robert DiBonto. “Senior Fitness Testing can detect weaknesses, which then can be addressed before serious functional limitations develop.”

DiBonto will be overseeing the new Touchmark Health & Fitness Club opening this spring. The Club’s offerings will include indoor heated pool, the latest fitness equipment, certified exercise specialists for one-on-one and group support, massage and more.

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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TOUCHMARK AT ALL SAINTS  
*Full-service Retirement Community*  
111 W 17th Street • Sioux Falls, SD 57104  
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