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New exercise technology works mind and body

FARGO, N.D. – New advanced technology — the first to arrive in North Dakota — is now available in the Fargo-Moorhead community. The Espresso HD stationary bike has been added to the Touchmark Health & Fitness Club to encourage people to take their workouts to new distances.

The innovative bike provides users with simulated courses to remain engaged through the entire workout. Riders respond to changes in terrain, adjusting balance and resistance.

The screen displays different trail options and offers games to play while riding the bike. By controlling hand steering, users respond to the on-screen environment and commands.

“Recent research shows this type of exercise can prevent or delay dementia and improve brain function,” says Club Director Mark Minette. Health professionals have found that by adding the virtual reality component, older adults can gain some protection against mild cognitive impairment.

Since introducing the Espresso HD, Touchmark has seen a variety of users excited to incorporate it into their exercise regimen. Kathy Meyers, 67, says the bike is a fun way to get her cardio in, because it takes her mind off the passing time by focusing on her course. Her 97-year-old mother, Sunny, has also found the bike makes exercise more fun. Even her son, Ben, who enjoys computers, likes the bike, especially the simulator features and games.

At Touchmark, mental acuity is an important aspect of overall wellness. “It has been shown that combining physical activity with mental challenges enhances the health of the body and brain,” Minette says.

The Touchmark Health & Fitness Club serves people 50 years and older. In addition to the Espresso HD, members enjoy a range of classes, personal training, specialized equipment and training systems, heated indoor pool and more. Additional information is available by calling 701-526-1055 or visiting Touchmark.com.

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TOUCHMARK HEALTH & FITNESS CLUB

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