

# NEWS RELEASE



**For immediate release**

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## **A New Year, New You!**

SIOUX FALLS, S.D. — It's a new year — the traditional time to resolve to live healthier lives and start a daily fitness habit. To support those 50 years and older in that goal, Touchmark Health & Fitness Club is presenting New Year, New You on Wednesday, January 10, from 1 - 3 p.m.

Touchmark Health & Fitness Director Tyler Ramstad will share information about implementing healthy habits and the incredible benefits that can be realized in a relatively short time.

“There’s never a bad time to start exercising,” says Ramstad. “You can always make progress, because exercise doesn’t have an age limit. And people in motion stay in motion!”

With each passing year, more research supports the advantages of regular exercises that incorporate cardio, strength, stretching and balance. The personal trainers at the Touchmark Club understand how to tailor exercise to each individual’s physical and health needs.

“It’s important that people participate in a well-rounded program, and fitness can be achieved with some simple, regular practices,” Ramstad notes. “It doesn’t have to be intimidating.”

To RSVP for New Year, New You, call 605-731-5477.

Located at 111 W 17th Street, the Touchmark Health & Fitness Club serves people 50 years and older. Members enjoy state-of-the-art equipment and training systems, indoor heated pool and spa, personal training, fun classes, heated indoor parking and more. Additional information is available by calling 701-526-1055 or visiting [Touchmark.com](http://Touchmark.com).

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