



## **Lori McCormick, PT, CEEAA**

**Director  
Touchmark Health & Fitness Studio**

Lori oversees all aspects of the Touchmark Health & Fitness Center, which serves residents of Touchmark on South Hill as well as people living throughout the Spokane area.

She is a licensed physical therapist with experience in orthopedics, neurology, and sports medicine, with a major focus and interest in fitness training for older adults.

Lori holds a Bachelor of Science in Physical Therapy from the University of North Dakota. She is certified by the American Council on Exercise (ACE) as a Group Fitness Instructor and Advanced Fitness Specialist. She is one of only two people in Washington who have completed the specialized and rigorous training and certification program at California State University, Fullerton, to become a FallProof™ Balance and Mobility Specialist. She also is certified as an Exercise Expert for Aging Adults (CEEAA). The CEEAA credential is offered to physical therapists from the American Physical Therapy Association's Section on Geriatrics.

Prior to her position at Touchmark, Lori served as the Physical Therapist Consultant for SIT AND BE FIT™, an award-winning chair exercise television program that promotes healthy aging, functional fitness, and rehabilitative exercise. She also worked with Greater Spokane Therapies and was a member of the faculty of Spokane Falls Community College Institute for Extended Learning. In addition, she has worked in various health settings and retirement communities in Spokane, Arizona, and South Dakota.

Lori is a member of the Section on Geriatrics of the American Physical Therapy Association and an Advisory Board Member for the Physical Therapist Assistant Program at Spokane Falls Community College.

Away from work, Lori enjoys hiking; sewing; reading; winetasting; and spending time with her husband, adult children, family, and friends