



Michelle Sue

Director, Health & Fitness Operations

Michelle oversees all aspects of health and fitness for Touchmark residents, Health & Fitness Club members, staff, and guests throughout Touchmark full-service retirement communities in the U.S. and Alberta, Canada. She also leads Touchmark's Injury Prevention and Movement Disorder Programs.

Previously, Michelle served as Health & Fitness Director of Touchmark in the West Hills in Portland, Oregon. Prior to assuming that role, she spent 11 years as the Fitness Manager for the Oregon Health & Science University's march

wellness & fitness center. Before that, she served 10 years at Boeing in its Life & Wellness Services department, eventually overseeing operations for satellite fitness facilities throughout Puget Sound.

Michelle's passion for fitness and wellness date back to 1994 when she taught classic step aerobics at the local athletic club in her hometown of Pendleton, Oregon. Throughout school, she worked in fitness positions while also participating in various team sports. She earned a Bachelor of Science in Exercise Science & Health Promotion and a minor in Business from Eastern Washington University. Michelle holds a certification with the American College of Sports Medicine as a Certified Exercise Physiologist and is a Certified Functional Aging Specialist.

When not working, Michelle enjoys being outdoors with her husband, daughter, and twin boys. Exploring remote areas in the Baja of Mexico is a favorite pastime. Savoring a great cup of coffee and time with friends also feeds her spirit. Her maxim is exercise is medicine, a belief she practices at home, play, and work.