

# NEWS RELEASE



FOR IMMEDIATE RELEASE

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## **Club offers 100-day Challenge to jumpstart healthy aging**

PRESCOTT, Ariz. — The Touchmark Health & Fitness Club is launching a 100-day Challenge to support those 50 years and older desiring a healthier, more active lifestyle in 2019 and beyond. The 14-week class will incorporate seven dimensions of wellness — Emotional, Environmental, Intellectual, Occupational, Physical, Social, and Spiritual — into the twice-weekly classes.

“This class will provide participants with the necessary tools and social support to incorporate new, lasting habits into their lives,” says Lisa Fry, Touchmark Health & Fitness Director, who created and will lead the class. “Research shows it takes about three months of steady commitment to cement change, and I deliberately designed this class with that in mind.”

Fry is a certified master trainer through the American Council on Exercise and certified PWR! Moves trainers. She earned a Master of Business administration in Health Care and has been helping people achieve health and fitness goals for more than 25 years.

The 14-week class includes a fitness assessment at the start and end, 28 classes, course material, one-week unlimited pass to use the Club and ongoing support to ensure participants’ success. Classes are held Tuesdays and Thursdays, 5:30 - 6:30 p.m. Cost is \$99, and the first class is January 8.

For more information or to sign up, individuals can call 928-708-3133.

Specifically designed for active, older adults, the Touchmark Health & Fitness Club offers state-of-the-art equipment and programming typically not found in other clubs. Certified fitness professionals offer personal and group training on land as well as in the indoor heated pool. Massage therapy is also available. Public membership in the Club is open to anyone 50-plus years. More information is available at [www.TouchmarkPrescott.com](http://www.TouchmarkPrescott.com).

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