

# NEWS RELEASE



FOR IMMEDIATE RELEASE

February 28, 2018

For further information:

Jan Bellis-Squires, 503-646-6186

[Jan.Bellis-Squires@Touchmark.com](mailto:Jan.Bellis-Squires@Touchmark.com)

## **Sam Holzman named Health & Fitness Director of Touchmark's West Hills location**

PORTLAND, Ore. — On your mark. “Get SET.” Go!

Bringing his “get SET” mindset to Touchmark’s new full-service retirement community, Sam Holzman has been named Health & Fitness Director, overseeing all aspects of health, fitness and injury prevention programming at Touchmark in the West Hills. He will also head up Touchmark Health & Fitness Club; membership in the Club is open to the public for anyone 50 years and greater.

“My fitness philosophy is get SET: Sleep well. Eat nutritiously. Train for life,” Holzman says. “I advise people to start where they are today. The goal is to move well enough to respond to daily life and move often enough to maintain or improve function.”

With 15 years of experience, Holzman has dedicated his entire career and education to health and fitness.

Before joining Touchmark in 2018 as a certified fitness professional, Holzman worked for eight years as an Exercise Specialist/Group Fitness Instructor at the OHSU march wellness & fitness center. Prior to that, he owned and operated Integrative Strength & Conditioning, Inc. for six years.

Holzman attended Oregon State University, where he majored in Nutrition & Exercise Science with a focus on Education & Movement Studies in Disabilities. Following college, he attended the National Personal Training Institute, where he was later hired as the Institute’s Lead Practical Instructor.

A certified personal trainer through the National Academy of Sports Medicine, Sam also holds certifications through the American Sport Education Program, MELT Method: Hand & Foot Instructor, Functional Movement Systems Level 2 and Dynamic Neuromuscular Stabilization Level 2. He is also certified by the Red Cross in first aid and CPR/AED.

### **About Touchmark in the West Hills**

Located on a wooded hillside near Forest Heights at Barnes and Leahy, Touchmark is just three miles from downtown Portland. Touchmark in the West Hills offers a range of award-winning lifestyle and wellness offerings. The boutique Health & Fitness Club has an indoor pool and spa, state-of-the-art equipment and certified fitness professions. More information is available at [TouchmarkPortland.com](http://TouchmarkPortland.com).

-end-

**TOUCHMARK IN THE WEST HILLS**

*Full-service Retirement Community*

840 SW Touchmark Way • Portland, OR 97225

503-954-1640 • [Touchmark.com](http://Touchmark.com)