



**For immediate release**

April 22, 2019

For further information:

Molly Renner

541-390-2009

[Molly@sublimecreativeagency.com](mailto:Molly@sublimecreativeagency.com)

## **Elizabeth Rupar promoted to Health & Fitness Director at Touchmark**

BEND, Ore. – Touchmark at Mount Bachelor Village is pleased to announce Elizabeth (Liz) Rupar’s promotion to Health & Fitness Director. In her new position, she will be responsible for directing the health and fitness activities, which include leading a variety of classes and offering personal training. A number of the classes and training opportunities are open to the public.

For the past six years, Liz has been working in Life Enrichment/Wellness at Touchmark, helping the retirement community’s residents identify their needs, passions and unique abilities. Using Touchmark’s seven dimensions of wellness, she worked with individuals to bring those elements to life and will continue that focus in her new position.

Liz brings nearly 26 years of experience in personal training to her new position, including owning a thriving in-home personal training business for 13 years. She has been published in various magazines, including “Ladies Home Journal.”

Born and raised in Wisconsin, she graduated from the University of Wisconsin with a Bachelor of Science in Kinesiology and attained the American College of Sports Medicine (ACSM)-Certified Personal Trainer certification. She has been certified as an ACSM Health Fitness Instructor, Functional Aging Specialist and National Strength and Conditioning Specialist.

“I really enjoy working with older adults, keeping them active and independent, and helping them to continue to do what they love,” says Rupar. “I have found over the years if I can make exercise fun for people, they will stick with it.”

Liz relocated to Bend with her husband Pat, two teenagers, and her dog, Brew.

-continued-

Her favorite outdoor activities are Nordic skiing and mountain biking with her dog in the Deschutes National Forest.

**About Touchmark**

Located along the Deschutes River, Touchmark at Mount Bachelor Village is an award-winning retirement community offering a range of homes and lifestyles. For more information, visit [Touchmark.com](https://www.touchmark.com).

-end-