

NEWS Release



Waterford on West Century

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FOR IMMEDIATE RELEASE

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GET MOVING ... AT THE WATERFORD ... IT'S A STEP IN THE RIGHT DIRECTION

(BISMARCK, N.D.)—On Wednesday, May 25, 2005 area seniors are invited to learn about better fitness and health at the Waterford, 1000 West Century Avenue. Waterford is serving as an official host site for National Senior Health and Fitness Day, and a range of fun activities are planned from 9 am to noon.

“Experts know that even small increases in physical activity can lead to better health,” points out Waterford’s Life Enrichment and Wellness Director Shawna Dschaak. “This day gives older adults an opportunity to begin or renew a commitment to fitness and to celebrate an active lifestyle.”

People will be able to participate in a variety of activities highlighting the many life enrichment options found at the Waterford. Attendees will be able to talk with volunteers from the General Store, students in the art class, and members of the Aqua Arthritis class. Tours of the 55+ resort-style community also will be available as well as refreshments and door prizes.

At 9 am, Shawna Dschaak, who also serves as Waterford Health & Fitness Club director, will present information about maintaining a healthy back. At 11 am, ACE-certified Personal Trainer Deb Wagner will discuss the benefits of chair yoga.

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During the event, people can sign up for a six- or 12-month membership in the Health & Fitness Club—and save the \$40 initial membership fee.

There are as many ways to work fitness into the daily routine as there are people, and the rewards are significant. Current research shows that physical exercise is essential to maintaining good blood flow to the brain and encouraging new brain cells. According to a growing body of evidence, physical exercise is most effective when done regularly and in combination with a brain-healthy diet, mental activity, and social interaction.

“To gain the many significant health benefits from moderate exercise, people should engage in regular physical activity on all—or most—days of the week,” says Dschaak. She adds that exercise can be fun. “This day devoted to senior health and fitness is an enjoyable and entertaining way for folks to find out about health-related resources and to pick up tips they can introduce into their daily lives.”

National Senior Health and Fitness Day is always held on the last Wednesday of May as part of Older Americans Month. May is also National Physical Fitness and Sports Month. It’s estimated that 150,000 older adults at more than 1,000 locations will participate around the country.

Opened in 2000, the Waterford is home to more than 145 people and is located within the hills of historic Bismarck, sitting high on a ridge on West Century. The Waterford Health & Fitness Club is open to the public and features a pool, spa, exercise equipment designed specifically for older adults, personal training, and a variety of exercises classes, both in and out of the water.