



# THE {FULL} LIFE

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## Personal Training: Wellness with a Personal Touch

Life is better when we're surrounded by others. That may be family, friends, colleagues, and yes, even your personal trainer. If that sentence gives you pause, read on! Personal trainers are not just for Olympic hopefuls. They're highly trained fitness professionals who can help you determine your fitness goals and achieve them.

Touchmark residents from all communities have found value in this ultra-personal program. Kyndal Brady, Health & Fitness Director at Touchmark at Coffee Creek, says she sees many residents who sign up for personal training with the desire to maintain their current flexibility and mobility or keep their balance. "We want to make sure we're strong enough to withstand any weight shifting that we deal with in the activities of daily living."

While working out in a group class format can have many similar benefits as personal training, the extra touch that it provides can be significant. The trainer can help ensure your posture is correct and that you aren't performing exercises that could potentially injure or strain you. Touchmark at Coffee Creek residents Sandra and Steven Capelle have experience working with a personal trainer. Sandra says, "My husband

and I both have done personal training. I've been doing it because I've been dealing with plantar fasciitis and then Achilles tendonitis. My husband preferred the one-on-one approach to group fitness classes to start, but now he's in balance and Parkinson's group classes. For me, personal training is about being able to have that personal attention. It's helpful for me to have the reason for doing things explained as the movements relate to your body specifically, which you don't always get in group classes. I probably won't do something just for the sake of doing it, but when the 'why' is explained, it makes all the difference in the world."

Another important benefit of working with a trainer is the motivation factor. Having another person who knows exactly what you are capable of and can see how your body reacts to each different exercise can help you stay on target and not give up. If dialing in to your wellness goals under the expert and caring guidance of a personal trainer interests you, speak with a health and fitness team member to get the ball rolling!

## Resident Spotlight

*Mary LaFlamme*

*Touchmark on South Hill resident*

**How long have you lived at Touchmark, and why did you choose to move here?** We've lived at Touchmark since October 2021. We chose to move here because we used to live on the Mexico/Arizona border and it was a long way to travel to get basic supplies. Also, I needed a knee replacement, my husband's family is in the tri-cities area, and I have a daughter in Spokane and one in Portland.

**What are some of the most rewarding aspects of retirement at Touchmark?** We always knew we wanted to come back to this area and live at Touchmark someday, so it's been rewarding to fulfill that dream. We just love the people that we've met here. It's a joy to go sit down with someone we don't know in the dining room and to hear their unique stories. I've been working on memorizing people's names so I can greet them. It's my own personal touch!

**You're a participant in Touchmark's DrumFIT classes. Can you share more about the class and the community you've found there?** We're really excited about this class! It's exercise for both the mind and body, and I get to express my musical



side while getting a workout. Some of the routines from DrumFIT have been making appearances in other fitness classes here, too, so people can get exposure to what we do in class and come join us!

**What advice would you give to someone who is thinking about moving to Touchmark?** It's good to meet members of the community. We have a little dog, and we consider him the Touchmark goodwill ambassador. We've met a lot of people that way. Overall, I would say the most important thing is to keep an open mind and try new things. It may not be your cup of tea, but you'll find that trying new things exposes you to new people and activities, and this is how we've met a lot of members of the community. When we get on the Touchmark bus, we might see someone we met in the dining room recently! It is nice to be with people we see regularly and have little adventures when we sit down with somebody we don't know well, hear their stories, and share ours—I just love it.



# Community Highlights

Enriching lives through fun and vibrant community events!





# The Three-Legged Stool: A Rock Solid Approach to Fitness

Do your new year's resolutions involve fitness? If so, make them sturdy so you can lean on them and stick to your goals all year long. One way to do this is to think of fitness as a three-legged stool, with the legs making up the individual components including stress management, fitness, and diet. Together, these facets create a sturdy foundation for health gains to be made and sustained.

Joining the mind and the body together in exercise has shown remarkable results, especially when tasked with a challenge or game. For example, when you're out for a walk, you could challenge yourself to think about all the different pets you've had, or all the streets on which you've lived. You can also try counting backward from 20 by twos or listening to a new genre of music as you explore a new walking path. It doesn't have to be big—these exercises are simply meant to task your brain and body at the same time to help ward off memory loss and keep our minds nimble. By working the mind and the body at the same time, you can manage and even lower stress levels.

Another way to stay accountable and hone your skills and strength is to work with a personal trainer. Not just for professional athletes, a personal trainer will work with you to create a customized plan that factors in your current abilities and future goals, and they can be tremendously helpful when it comes to motivation and accountability.

Complementing these two facets of fitness is the third leg of the stool: diet. Eating balanced meals that include seasonal fruit and vegetables and as many locally sourced ingredients as possible is just as important. If you make your own meals, look for recipes that include nutritional content and values. If you regularly dine in one of Touchmark's venues, you can rest assured that each meal is carefully chosen by one of Touchmark's chefs to ensure quality when it comes to taste and health.

Remember that wellness is a journey, not a destination. Approaching your goals from multiple dimensions and having a comprehensive plan that incorporates stress management, fitness, and diet can make all the difference in pursuing goals that feel worthwhile.

## Brain Teaser

Enjoy this three-legged stool riddle!

Two legs sat on three legs by four legs. One leg knocked two legs off three legs.

Two legs nudged four legs with three legs. What happened?

ANSWER: A farmer (two legs) sat on a three-legged stool beside a cow (four legs) in preparation for milking the cow. The cow kicked the farmer off the stool, which made the farmer angry, so he nudged the cow with the stool. Riddle from [braingle.com](http://braingle.com)

