

PRESS RELEASE

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FOR IMMEDIATE RELEASE
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Raleigh-Area Senior Living Community to Celebrate National Senior Health and Fitness Day ***Local Seniors Encouraged to Attend Entertaining and Educational Events***

CARY, N.C., May 19, 2016 – Residents at Waltonwood Cary Parkway are taking control of their mental, physical and spiritual health by participating in the annual observance of National Senior Health and Fitness Day. They will come together alongside thousands of seniors across the country to promote the health and fitness of older Americans, and they're inviting seniors in the Raleigh area to take part in the activities as well. On **Wednesday, May 25**, beginning at 10 a.m., seniors will have the chance to try a new activity every thirty minutes until 2:30 p.m. at Waltonwood Cary Parkway (750 SE Cary Parkway in Cary). The public is welcome to attend the kick-off walk at 10 a.m., hydration station at 10:30 a.m., healthy cooking presentation at 11 a.m., fitness presentation and optional consultation at 11:30 a.m., brown-bag med check with Walgreens at 1 p.m., National Senior Health and Fitness finale program with aerobics at 2 p.m., and a reception at 2:30 p.m. During the reception, a participant present during the program has the opportunity to win a FitBit to encourage fitness activities and a continued sense of awareness. Most of all, Waltonwood Cary Parkway wants area seniors to realize it is never too late for anyone to take steps to improve health and wellness, and they encourage those interested in the activities to visit and learn more during this national observance.

Lydia Thabat, 89, has been a resident at Waltonwood Cary Parkway for almost three years, and the fitness offerings were a big reason she and her husband made the decision to move to the community. Thabat has overcome major health complications in the past several years, including a stroke, cancer and injuries from a car accident. She attributes her maintained health and physical wellness today to physical therapy and exercise, and participates in daily fitness classes, like yoga, tai chi and aqua aerobics, offered by Waltonwood Cary Parkway Fitness Coordinator Erica Lock. Thabat says she enjoys these exercises most because they are calming and affect the mind and body equally.

“Creating an exercise regimen for yourself can be intimidating, but my advice to other seniors is to find an activity they like and get started. It is also a good idea to talk to a professional who can recommend classes or exercises that work for them and their abilities,” said Thabat. “I try to talk

to my friends here about it when I can and as a result, some decided to start coming with me. I think everyone would enjoy it if they just tried.”

Lock trained and studied specifically to work with seniors, and has a degree in exercise science from the University of North Carolina. She enjoys getting to know seniors through exercise, and she finds it rewarding to create plans that benefit their personal health goals. While many residents participate in Lock’s daily fitness classes, there are a number of residents who work out individually in the community’s wellness center or do other forms of independent exercise.

“I want seniors to realize most of all that it is never too late for anyone to become physically active, even if they think they can’t do it,” said Lock. “I recently read a statistic that said every 30 minutes of exercise adds seven minutes to a person’s lifespan, so I believe every minute of exercise is precious and want to share that with others. We want to spread the message of health to seniors in the surrounding community during National Senior Health and Wellness Day, and show others that wellness can begin at any time in your life, you just have to be willing to get started.”

Lock planned this variety of activities and exercises for National Senior Health and Fitness Day with the goal to increase seniors’ understanding of their bodies, and to help them learn different kinds of exercises for skills they’d like to improve, including strength, balance and flexibility. In addition, it is an ideal opportunity to set personal fitness goals and find someone who can help them accomplish the goals.

“We are constantly working to provide seniors in the Raleigh area with the best and most comprehensive exercise and wellness programs available,” said Staci Stewart, executive director of Waltonwood Cary Parkway. “We look forward to welcoming seniors from the area to enjoy these offerings on National Senior Health and Fitness Day. We hope to show them that fitness has something to offer anyone, no matter their age or abilities. It’s our goal to create an environment where health and wellness is a priority, and to share that passion with others.”

Those who are interested in attending one or more of the offerings at Waltonwood Cary Parkway during National Senior Health and Fitness day can call 919-275-0983.

Waltonwood Cary Parkway also has a sister-community currently under construction in the Lake Boone area of Raleigh, at 3550 Horton Street. Daily fitness activities like these will be offered to residents who live in the future independent living, assisted living and memory care community.

If you are a member of the media interested in setting up an interview, please contact Susan Hoover via phone at 214-378-7970 ext. 304 or email at shoover@fortegroupinc.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@fortegroupinc.com.

ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a walking path, therapy pool, putting green and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to Highway 64, with new retail shopping, dining and entertainment close by, and just minutes from Raleigh. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.

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Photo Courtesy of Waltonwood Cary Parkway:

Photo 1: Waltonwood Cary Parkway Fitness Coordinator Erica Lock exercises with resident Lydia Thabat. The senior living community invites local seniors to celebrate National Senior Health and Fitness Day on May 25 by attending one of the health and wellness offerings that day.