

NEWS RELEASE



Waterford at Fairway Village

For immediate release

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Build your brain. Build your body.

VANCOUVER, Wash. — A new 10-week class at the Waterford Health & Fitness Club will blend heart-healthy fitness with brain-building exercise. Waterford is the first and only club (as well as retirement center) to offer this relatively new approach to overall health.

Brain Aerobics consists of 30 minutes of challenging brain activities combined with physical movement. This is followed by another 30 minutes of brain stimulation exercises.

The series, which meets every Tuesday, starts April 14 and is open to the public. Price for the 10 classes is \$75 (or \$50 for club members). To register, people can call (360) 433-6400 or stop by the club at 2927 S.E. Village Loop, Vancouver.

“Research has confirmed a link between exercise and improved cognition,” says Kim Lehman, director of Waterford Health & Fitness Club. “Exercise is good for the heart and good for the brain.”

New fitness class based on research, certification and success

Waterford team members are certified Geriatric Wellness instructors, having received their certification following cognitive enhancement training by Rob Winningham, Ph.D., associate professor of psychology at Western Oregon University.

“Research about the brain, cognitive function and aging is coming out at rapid speed,” explains Winningham. “Touchmark [which manages Waterford] is the largest company that has pursued this certification, and their staff members are now equipped to create and offer brain-building programs designed with this cutting-edge research in mind.”

The new fitness class grew out of Waterford at Fairway Village’s Brain Builders class, which has grown in popularity.

“I enjoy going to the class each week, because it is fun, and I want to keep my brain active. It is a good group of people, and I like learning,” says Mary Lou Williams. “It is one of my favorite things to do here.”

Dorothy D. Workman agrees: “It gives me a variety of ways of looking at the world. Some of which are unfamiliar to me. All experts say to try new things as a way to keeping your brain active.”

The Waterford Health & Fitness Club caters specifically to the needs of active, 40-plus adults, and membership is open to all residents of the greater Clark County area. The club includes heated indoor pool and spa, exercise room with specialized equipment, professional staff plus personalized programs and classes. Visit WaterfordVancouver.com for more information.

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SIDEBAR

Keeping your body — and brain — fit

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Winningham encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new every day.