

WV Wellness

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Mind, Body and Spirit

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Wellness Program Fitness Testing Results

Wellness Just Keeps Getting Better and Better

Portland, OR (Willamette View, Inc) - The latest fitness testing scores are in and the outcomes continue to show that residents are performing better now than prior to the start of the wellness program 2½ years ago. Listed below are the average scores from 2005 compared to the most recent test scores from May 2008.

	<u>2005</u> <u>Average</u>	<u>2008</u> <u>Average</u>	<u>Percentage</u> <u>Increase</u>
Balance - One Leg Stand	8	14	+ 75.0 %
Agility/Mobility	10.5	7.7	+ 26.7 %
Arm Strength	15	19	+ 26.7 %
Leg Strength/Endurance	11.3	13.7	+ 21.2 %
Shoulder Flexibility	7.9	9.5	+ 20.3 %
Leg Flexibility	8.3	12.7	+ 53.0 %

Wellness Center Reaches 21,267 fitness workouts

Congratulations to everyone who has participated in the Wellness program. Over the last 15-months there have been 21,267 workout performed at the wellness center. Currently 55% of our residents are actively using the fitness facilities and 63% of residents have participated at some point over the last 2½ -years. For more information please call us at 503-652-6700.

“We always have room for one more!”