

WW Wellness

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Mind, Body and Spirit

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Wellness Program Fitness Testing Results

— *Are You Better Off Than You Were Three Years Ago?* —

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 3-years ago. Listed below are the average scores from 2005 compared to the most recent test scores from October 2008.

	<u>2005 Average</u>	<u>Oct.2008 Average</u>	<u>Percentage Increase</u>
Balance - One Leg Stand	8	14	+ 75.0 %
Agility/Mobility	10.5	7.6	+ 27.6 %
Arm Strength	15	20	+ 33.3 %
Leg Strength/Endurance	11.3	14.2	+ 25.7 %
Shoulder Flexibility	7.9	9.7	+ 22.8 %
Leg Flexibility	8.3	13.1	+ 57.8 %

Wellness Center Reaches 31,043 fitness workouts

Congratulations to everyone who has participated in the Wellness program. Over the last 21-months there have been 31,043 workout performed at the wellness center. Currently **58%** of our residents are actively using the fitness facilities and **66%** of residents have participated at some point over the last 3 -years. For more information please call us at 503-652-6700.

“We always have room for one more!”