

# COUNTY PRESS

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## Fit For Life: Martins Run Celebrates National Fitness Month



Members of Martins Run staff congregate at the entrance to the senior living community in preparation for their "Walk Around the Run," a weekly one mile walk around the campus. From left to right: Marian Levine, Director of Human Resources; Lavonia Mason, Supervisor of Martins Run Home Partners; Jessica MacNeill, Dining Services Office Manager; Bernadette Sullivan, Director of Martins Run Home Partners; Vicki Conner, Supervisor of Culture and Entertainment; Linda Sterthous, CEO; Michele Haines, Lifestyle Consultant.

In celebration of National Fitness Month, Martins Run Senior Living Community staff and residents are participating in activities throughout the month, to promote physical fitness and well-being and encourage a healthy lifestyle.

The Marple Township-based senior living community also recently unveiled its new state-of-the-art Energy Club and Fitness Center, which houses a therapeutically heated indoor swimming pool, two exercise rooms, a locker room and a juice bar café.

Activities range from ongoing fitness classes in the Energy Club to guest speakers on nutrition to special events.

Residents can choose from

a variety of classes at the Energy Club, including an arthritis exercise class, chair yoga, line dancing, modern dance, and a class fitness coordinator Linda Beaver calls "Fit-4-Life," which involves interval training incorporating strength, cardio and flexibility.

With the opening of the new pool, aquatic exercise classes are now available as well. As more residents take to the pool, Martins Run will implement additional aquatic activities, including basketball, volleyball and polo. A "Milers Program" is planned in which residents will log their laps (100 laps lengthwise equals a mile). Prizes will be awarded based on their distance swim.

"Regular exercise improves one's quality of life and dramatically heightens the enjoyment of everyday activities," said Linda Sterthous, CEO of Martins Run.

Pursuing excellence in physical fitness is not limited to National Fitness Month for Martins Run residents and staff. The community holds activities throughout the year to promote a healthy, social and active lifestyle.

### About Martins Run

Martins Run is a not-for-profit, senior living community located in Marple Township. The premier retirement community provides a warm and fulfilling lifestyle for people of all races, religions and backgrounds. For more information, visit [www.martinsrun.org](http://www.martinsrun.org).