

WV Wellness

September 1, 2007

Mind, Body and Spirit

Vol. 2.8

2007 Fitness Testing Results

The Latest Scores Since the Opening of the Wellness Center

Portland, OR (Willamette View, Inc) - The latest fitness testing scores are in and the outcomes continue to show that residents are still improving. This round of outcomes is the first since the opening of the new Wellness Center in February. It is a real credit to everyone who was proactive about improving his or her personal health. Listed below are the collective results of 140 residents, which compare the first test (almost 2 years ago) to the most recent test. The percentage increases represent the improvements residents have made over the last two years. It is very impressive to see that residents are still improving – even beyond their initial improvements. Anyone who has not tested recently and would like to, please call the Wellness Office at 6700 for an appointment.

Balance - One Leg Standing	+ 50.0%
Agility/Mobility	+ 21.0%
Arm Strength	+ 18.8%
Leg Strength/Endurance	+ 10.3%
Shoulder Flexibility	+ 8.3%
Leg Flexibility	+ 37.4%



Willamette View

SCHEDULE **ADDITIONS**

Listed below are some classes that are new to the Wellness Schedule.

New Classes begin the week of Sept. 10th

Monday's

Campus Walk
10-10:45 AM
Starts at
Wellness Center

Wednesday's

Floor Stretching
9:00-9:30 AM
Wellness Center -
Studio I

Friday's

Floor Stretching
9:00-9:30 AM
Wellness Center -
Studio I

Willamette View Wellness Program 503-652-6700