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PRESS RELEASE

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AEROBICS PROGRAMS AT WATERCREST AT KINGWOOD EMPOWER RESIDENTS

KINGWOOD, Texas September 10, 2018 – Residents of Watercrest at Kingwood, a premier retirement community, are constantly on the move and always seeking new ways to stay healthy. Studies have shown that Americans aged 65 and older who maintain a physically active lifestyle improve their balance, strengthen their bodies, reduce their chances for depression, increase mobility and remain independent longer. The residents of Watercrest at Kingwood pride themselves on being part of an active senior living community. Many participate in weekly fitness classes and wellness programs such as aerobics and water aerobics, which have recently taken the community by storm as residents experience the benefits of these low-impact exercises. The classes focus on balance, strength, agility and cardio. These fitness programs demonstrate the community's dedication to providing fulfilling and innovative activities that promote a healthy and active lifestyle.

For residents like Dori Richert, having the ability to explore new forms of fitness is incredibly beneficial to her overall health and well-being. She enjoys attending fun and encouraging classes and can be found on **Mondays and Wednesdays attending the aerobics class at 9:00 a.m., and at the water aerobics class on Thursdays at 2:00 p.m.** Additionally, Richert also takes walks around the community on Tuesdays and Fridays with Lakin Stubblefield, Watercrest at Kingwood's assistant activities coordinator. Wanting to maintain her endurance and energy to keep up with her grandchildren, Richert understands the challenges of staying motivated. However, by pursuing a fitness activity in which she can interact with others, she finds it easier to get going. Plus, she enjoys the motivation she receives from those around her.

"Before I moved to Watercrest, I would take time to walk about a mile or so each day," said Richert. "I've always known that it's important to keep moving and maintain a certain level of physical health. I was initially intrigued by the water aerobics class because I love the water and thought it looked like fun. The exercises that we do in the water are incredibly easy on the body and allow for a greater range of motion that you wouldn't obtain otherwise. I've found that it's helped me immensely and even built up my confidence enough to attempt a regular aerobics class. The aerobics class is always packed when I go, which results in a fun experience since you're participating with a large group. The instructor is excellent and reminds us to work at our own pace and move only in the ways that feel comfortable for our bodies. The programs encourage me, and I am always marveling at my neighbors who are in their 90s putting me to shame as they bend and twist their way through the routines."

According to Richert, whenever she meets someone new at the community she encourages them to find an outlet to build relationships and stay active. She finds that the more you participate, the easier it is to try new



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things and improve your overall sense of well-being. Richert tries all wellness programs at least once and wants to do everything in her power to stay healthy and keep going for her family.

“Sitting around is okay for a while, but in the end it’s boring and does nothing to maintain your health,” said Richert. “Participating in the aerobics programs makes me feel empowered and gives me a wonderful way to interact with my neighbors. I’m willing to try anything if it’ll help me keep up with my 11-year-old granddaughter for years to come.”

“We have a phenomenal group of residents who have really taken to our aerobics programs and the benefits they can provide,” said Debra Burton, executive director of Watercrest at Kingwood. “At Watercrest, we believe in the importance of maintaining a healthy and active lifestyle, and seeing our residents enjoy a healthy lifestyle is very rewarding. Health living is a priority for all of us, and we hope that these classes will continue to encourage the residents to try new experiences and discover what empowers them to pursue new adventures.”

For members of the media who are interested in covering this story in some way or arranging an interview, please email Sarah Jackson at sjackson@thepointgroup.com or call (214) 378-7970 ext. 307 or contact Amy Jones at ajones@thepointgroup.com or ext. 302.

ABOUT WATERCREST AT KINGWOOD:

Watercrest at Kingwood is a premier retirement community located in the heart of Kingwood, Texas, dedicated to creating a friendly and hassle-free living environment where residents can enjoy all the benefits of a safe, luxurious, and active lifestyle. The community offers 174 independent living residences, 24 of which are villas. The community is currently undergoing a 145,117-square-foot “Garden Village” expansion which will add a total of 101 residences including 73 Independent Living and 28 Assisted Living residences. The Independent Living offerings include 27 Signature Lifestyle residences and four Villas. Watercrest at Kingwood is a truly unique place where you can live life on your terms, while knowing that there is no higher standard than the incredible services and amenities offered. It is the perfect setting for active retirees who want the benefits of a maintenance-free lifestyle.

For more information about the community, please call (888) 566-9489 or go to www.watercrestkingwood.com

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PHOTOS COURTESY OF WATERCREST AT KINGWOOD:

Photo 1: Water Aerobics Class

Photo 2: Aerobics Class