



750 SE Cary Parkway
Cary, NC 27511
919-275-0983
www.waltonwood.com

PRESS RELEASE

Contact: Chelsi Smith / Amy Jones, The Point Group
Phone: 214-378-7970 ext. 238 / 302
Mobile: 956-358-3300 / 469-261-7544
csmith@thepointgroup.com / ajones@thepointgroup.com

FOR IMMEDIATE RELEASE
January 22, 2018

NEW FITNESS MANAGER HELPS WALTONWOOD CARY PARKWAY RESIDENTS STAY FIT IN THE NEW YEAR

CARY, N.C. January 22, 2018 – The new year has started, and the new Forever Fit Manager at Waltonwood Cary Parkway is helping residents live better through various fitness classes. Anthony ‘Tony’ Beaudry, 25, is applying his experience as a former Air Force firefighter and his passion for ensuring seniors stay active in his new position. Beaudry takes the motivational skills he learned in the military and incorporates them into each class. He teaches chair fitness, fall prevention and aqua aerobics for residents at the senior living community. Chair fitness is one of the more popular classes, with more than 20 people participating each time. The class is offered five days a week and focuses on strength training to stabilize and balance the seniors’ muscles. Some of the benefits include enhanced flexibility and range of motion, decreased joint pain and stiffness, better blood circulation and improved mood and concentration. **The media is invited to attend the chair fitness class on Friday, January 26 at 9 a.m.**

Residents Cecil and Janet Bozarth have noticed Beaudry’s unique approach and dedication. The couple attends as many classes as possible, and they are both seeing results. Janet, 84, broke her shoulder last year, and chair fitness has continued to help her regain her strength. She’s now able to lift her arm over her head and comb her hair, two things she previously found difficult to accomplish. In addition, Cecil doesn’t have the aches and pains he experienced before taking the classes.

“My plan is to stay active and continue going to the classes throughout this year,” said Janet. “I really enjoy gaining strength and socializing with friends and neighbors during or after the classes. My mobility is improving each day, and I have Tony to thank. He really does have a passion for helping us stay fit. He is a motivator, and there’s no question about that. He understands what we can and cannot do, and he doesn’t push us too hard. He cares about each one of us and offers individualized help. It’s nice to see someone as young as Tony taking the time to improve our health.”

“Overall, the chair fitness class is wonderful, and I am glad Tony started this program,” said Cecil. “It’s just the right amount of exercise we need to help gain strength and improve our balance. I have noticed my legs are getting stronger each time I attend. I can tell he puts a priority on mobility, and I know he supports our efforts to all live better.”



750 SE Cary Parkway
Cary, NC 27511
919-275-0983
www.waltonwood.com

Beaudry is certified in personal training, senior fitness and basic life safety. He is also a certified fitness nutrition specialist. After being in the military, he stumbled upon senior fitness while living in Vermont. He ran a personal training business at a local gym, and more than 80 percent of his business was seniors. He realized how rewarding it was to help older adults and decided to make a career out of it. Since joining Waltonwood Cary Parkway, Beaudry has changed the fitness program and increased class participation. His goal is to grow the program more and incorporate new classes during 2018.

“These classes allow residents to thrive in their own unique ways,” said Beaudry. “I’ve worked with seniors for several years, and it’s a population I understand and care for deeply. Seniors lose bone density and stability, which could lead to falls and broken bones. That’s why it’s so important for them to attend strength classes. It’s also fantastic for their heart health. I am thankful to Waltonwood for allowing me to build this fitness program for the residents. Anytime you can improve the quality of life of someone, regardless of age, is a great feeling. It is amazing to see how far they’ve come from their first class to now. I love when I can see the improvements, and I look forward to keeping residents healthy and active in the new year.”

If you are a member of the media interested in covering this story, please contact Chelsi Smith at (214) 378-7970 ext. 238 or csmith@thepointgroup.com, or Amy Jones at ext. 302 or ajones@thepointgroup.com.

ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a theater, therapy pool, putting green, garden view lounge and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to US 1, with new retail shopping, dining and entertainment close by, and just minutes from Raleigh. Waltonwood Cary Parkway also has a sister-community currently under construction in the Lake Boone area of Raleigh, at 3550 Horton Street. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.

-End-