



## Equipment Designed by Technogym USA Enhances Wellness at Aegis of Bellevue

**SEATTLE, WA. (April 7, 2010)** – The benefits of exercise are very important to a happy and healthy lifestyle, especially as we age. That is why Aegis of Bellevue has partnered with Technogym to provide residents with innovative fitness tools designed specifically to enhance the livelihoods of seniors. The state of the art fitness center is part of the community's exclusive Living 4 Life® wellness program. An inactive lifestyle can cause seniors to lose ground in four important areas necessary for staying healthy: strength, balance, flexibility and endurance. The combination of Technogym's equipment and the Living 4 Life program provide residents with the means to make exercise a reality.

Technogym's equipment means better exercise for residents. Technogym's Total Wellness Solution consists of integrated equipment, programs, workout management systems and customized services tailored to respond to each residents needs. "At Aegis of Bellevue, the residents are using the best machines in the industry, developed and engineered to suit the needs of seniors," said Robb McGuffin, business developer for Technogym USA.

[Aegis of Bellevue](#) is located at 148 - 102<sup>nd</sup> Ave SE in the heart of Old Bellevue just off Main Street. The newly opened community offers assisted living and Life's Neighborhood™ apartments, their memory care program. It features stunning architecture with welcoming, common areas such as a library, park and playground, full fitness center and a state-of-the-art movie theater. Residents are involved in the innovative wellness program Living 4 Life® which helps them maintain a long, healthy and active life.

"At Aegis of Bellevue, our residents are privy to the most innovative health and wellness services on the market which includes the equipment from Technogym. Staying physically active can help prevent or delay many diseases and disabilities and can improve the health of seniors who are frail or have age accompanying diseases," said Dwayne Clark, chairman and CEO of Aegis Living.

### About Aegis Living

Aegis Living is a national leader in retirement, assisted living and memory care, offering a progressive selection of senior residences to meet the growing needs of today's aging population. Providing the finest in senior lifestyle and living options available, "We're the people who make life better" emphasizes health, quality of life, well being and community. Aegis Living is guided by a simple philosophy: strive to treat all people with the highest possible standards. Founded in 1997 and headquartered in Redmond, Washington privately held Aegis Living operates 35 communities in Washington, California and Nevada. Additional information about Aegis Living and its services are available at [www.AegisLiving.com](http://www.AegisLiving.com). Follow us on Twitter [@twitter.com/aegisliving](https://twitter.com/aegisliving) and Facebook at <http://bit.ly/OUNyR>.

### Technogym

Technogym, The Wellness Company, creates, designs, and manufactures innovative solutions to cultivate a person's physical and psychological wellbeing by enhancing one's quality of life through physical activity. Technogym USA, is headquartered in Seattle, WA. Founded in Italy more than 25 years ago, the company has grown to employ over 1,600 people at 13 branches worldwide. Technogym was the Official Supplier for the 2000 Sydney, 2004 Athens, 2006 Torino, and the 2008 Beijing Olympic Games. Additional information may be found by visiting the company's website at [www.technogym.com](http://www.technogym.com).

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