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Press Release

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Environment a Key to Longevity

Denver, Colorado - May 26, 2010 - A few years ago, researchers from Iowa State University and the University of Georgia conducted a fascinating study on individuals who had reached the age of 100. In the study researchers interviewed centenarians concerning their general health, diet, coping strategies and support systems. Not surprisingly, the study found that those who live to reach the age of 100 were active, ate well, socialized on a regular basis, and kept their minds stimulated.

The setting in which these individuals lived had a significant impact on their longevity. Individuals who lived sedentary, isolated, and stressful lives did not thrive as well as those who lived active lives with greater connection to others. Additionally, those who regularly challenged or stimulated their

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minds kept their cognitive abilities longer than those who did not.

This study and many others make it clear that one's choice of lifestyle and living environment has significant impact on longevity and quality of life. Individuals who live in isolation, neglecting their nutrition and physical fitness will likely not be as prepared to enjoy their senior years as those who choose to be active and connected. Staying physically, relationally, and mentally engaged with life is a key to enjoying it more and having more of it.

GrandView of Roxborough offers older adults the ideal environment in which to practice a healthy and engaged lifestyle. The breathtaking scenery of the Colorado Rockies, the stress-free resort-like living, and the abundant amenities of the GrandView community provide the opportunities and lifestyle which will keep residents stimulated, challenged, and active. Come and see the boundless opportunities at GrandView and start planning your active and healthy future.

GrandView of Roxborough is a revolutionary concept in senior living. Set in the southwestern foothills this Life Service Retirement Community is the only one of its kind in Colorado. Full deeded ownership and individualized health support allow for owner's to truly age in place. GrandView is adjacent to the

entrance of Roxborough State Park at 6265 Roxborough Park Road
in Littleton, Colorado. For more information, please call
303-744-8000 or visit on-line at www.GrandViewLife.com.

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