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CARLTON LANDING OFFERS A LIFESTYLE THAT PROMOTES HEALTH AND WELLNESS PROVING THAT
FITNESS BUILDS COMMUNITY

Residents are Encouraged to Stick with New Year's Resolutions; Inaugural 5K Announced

CARLTON LANDING, OKLA – A prime location on the most beautiful shoreline of Lake Eufaula should alone provide ample inspiration to Carlton Landing's residents to embrace a healthy, outdoor-centric lifestyle, but the founders of the lakeside resort community are committed to creating new opportunities that promote wellness for its primary and second homeowners. As 2016 starts, Carlton Landing is dedicated to helping community members achieve their health-related New Year's Resolutions and stick to them throughout the year. They have also announced its first 5K, which will take full advantage of the town's lakeside setting and nature trails. One of Carlton Landing's residents, Jenny Page, happens to be a certified fitness professional, and she is enthusiastically leading the charge to encourage residents to maximize their health and fitness.

When Jenny and her husband, a physician at McAlester Regional hospital, moved to Carlton Landing from Chicago, she recognized an opportunity to create a health and wellness program for the resort. Her In Vivo Fitness discipline incorporates cardio endurance, muscular strength and endurance, and maximizing flexibility. Jenny began by leading outdoor Pilates Mat Fusion classes under Carlton Landing's Pavilion. Interest from residents swelled, which resulted in adding more classes throughout the year in a studio at Carlton Landing Academy's Blue Schoolhouse. She recently purchased Schwinn Indoor Cycles to allow her to instruct spin classes. In addition to Pilates, there are classes that focus on building strength and endurance. Residents have been so receptive that there are now classes scheduled at various times throughout the week.

Jenny Page's affinity for fitness began as a teenager when she did early morning runs with her father before school, "As I recognized the many ways staying fit benefited me, I was inspired to share my passion with others and eventually became certified to teach a variety of classes at fitness facilities," she recalls. "Carlton Landing's desire to encourage health and wellness is a natural fit for me, and I am thrilled to have the opportunity to share my experience with my wonderful neighbors who choose to live in this close-knit community. The fitness programs offer another great avenue to bring the community together."

Carlton Landing will host its first-ever 5K race on May 15, 2016 at 8 a.m. The race course will meander through Carlton Landing's picturesque trails and neighborhood streets. The competition will be open to both residents and the general public. T-shirts and cash prizes will be awarded to participants. In an effort to instill a passion for wellness for children, Carlton Landing invites kids to partake in a one-mile fun run.

ABOUT CARLTON LANDING

Carlton Landing is Oklahoma's newest town. Grant and Jen Humphreys, the lakeside community's first residents, founded the community in 2011. The town occupies one of Lake Eufaula's most picturesque areas, with sandy beaches, towering cliffs, beautiful woodlands and some of the lake's finest water quality. Famed planner and architect Andreas Duany, known for designing the Rosemary Beach and Seaside communities on the Florida panhandle, crafted the Carlton Landing master plan with Humphreys in 2008. Inspired by the New Urbanism movement—which holds that life, work and play are all central to a community's vitality—Carlton Landing is the first development of its kind to become a distinct municipality. The master plan includes schools, a waterfront chapel, Nature Center, community parks, trails, and a town center with restaurants and shops. Plans call for more than 3,000 homes, a private residence club and a generational development timeline. For more information, visit www.carltonlanding.com.

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