

Physical Activity Programs Overviews, Requirements, and Benefits

	EnhanceFitness®	Fit & Strong!	Walk With Ease - Group Model	Walk With Ease - Individual Model	Active Living Every Day
Developed by	<ul style="list-style-type: none"> University of Washington Health Promotion Research Center Senior Services Group Health Cooperative 	<ul style="list-style-type: none"> University of Illinois at Chicago Midwest Roybal Center for Health Promotion & Behavior Change 	<ul style="list-style-type: none"> Arthritis Foundation 	<ul style="list-style-type: none"> Arthritis Foundation 	<ul style="list-style-type: none"> The Cooper Institute
Overview	<ul style="list-style-type: none"> An interactive physical activity and falls prevention program that combines cardiovascular and balance exercises, strength training, and stretching to prevent functional decline in older adults. Led by a certified fitness instructor or master trainer. Instructors lead participants through a series of stretches, low-impact aerobics, and strength training activities (using soft ankle and wrist weights) that can be adapted to participants' fitness levels. 	<ul style="list-style-type: none"> A physical activity program for older adults with osteoarthritis. This program demonstrated significant functional and physical activity improvements. Led by either a certified exercise instructor or licensed physical therapist. Participants will learn to perform safe stretching, balance, aerobic and strengthening exercises, which gradually increase in frequency, duration, and intensity over time. 	<ul style="list-style-type: none"> A physical activity program that encourages people with arthritis and other chronic health conditions to exercise safely, stay motivated, and develop a walking plan that meets their physical activity and pain management needs. Led by a trained and certified leader Includes an education segment on arthritis- or exercise-related topics, stretching exercises, and a 10–35 minute walk. Print and online tools and materials supplement the program. 	<ul style="list-style-type: none"> A physical activity program that encourages people with arthritis and other chronic health conditions to exercise safely, stay motivated, and develop a walking plan that meets their physical activity and pain management needs. Self-directed. Participants can complete on their own or as part of an informal group with friends or family. Participant reads about arthritis and exercise-related topics. Participant performs stretching exercises and then walks for 10-35 minutes. Print and online tools and materials supplement the program. 	<ul style="list-style-type: none"> A step-by-step behavior change program that helps individuals overcome their barriers to physical activity. Participants learn skills in a series of workshops, such as goal setting and time-management. Offers alternatives to more traditional, structured exercise programs. Led by a trained facilitator following a lesson plan. Workshops can be in-person, online, or a combination of both. Participants use the information they learn to develop an individualized exercise regimen. Physical activities are performed outside of the group setting.

Course Length	<ul style="list-style-type: none"> Classes are ongoing and meet three days a week for one hour 	<ul style="list-style-type: none"> Meets for eight weeks, three days a week for 90 minutes (60 minutes for exercise and 30 minutes for lifestyle change education) 	<ul style="list-style-type: none"> Meets for six weeks, three days a week for about an hour 	<ul style="list-style-type: none"> Self-paced, six-week walking program 	<ul style="list-style-type: none"> Meets for 1 hour per week for 12-20 weeks
Course Requirements	<ul style="list-style-type: none"> 10-25 people with arthritis and other chronic health conditions participate in group-oriented classes Participants can join at any time Participant assessments are taken every 16 weeks 	<ul style="list-style-type: none"> 20-25 people with arthritis and other chronic health conditions participate in group-oriented classes 	<ul style="list-style-type: none"> 12-15 people with arthritis and other chronic health conditions participate in group-oriented classes 	<ul style="list-style-type: none"> Individual program for people with arthritis and other chronic health conditions 	<ul style="list-style-type: none"> 5-20 people with arthritis and other chronic health conditions participate in group-oriented workshops
Participant Benefits	<ul style="list-style-type: none"> Increases strength Improves balance Helps participants become more limber Boosts activity levels Elevates mood 	<p>Improves:</p> <ul style="list-style-type: none"> Lower extremity stiffness, pain, and strength Aerobic capacity Participation in exercise and caloric expenditure Participants confidence to exercise 	<ul style="list-style-type: none"> Reduces disability Reduces pain, fatigue, and stiffness Improves balance, strength, and walking pace Builds confidence to be physically active and to manage ongoing health conditions Improves overall health 	<ul style="list-style-type: none"> Same as the Walk With Ease group model. 	<ul style="list-style-type: none"> Identifies and addresses barriers to physical activity Increases positive feelings about being physically active Increases participant's self-confidence about becoming physically active Creates realistic goals and rewards for physical activity Develops social support Helps participants recover from lapses in physical activity
Implementation and License Requirements	<ul style="list-style-type: none"> Must have a license for organization and site location Training fee incorporated into license 	None	<ul style="list-style-type: none"> Organization Signs a Co-Sponsorship Agreement with the Arthritis Foundation Use of the Participant Registration Form 	<ul style="list-style-type: none"> Organization signs a Co-Sponsorship Agreement with the Arthritis Foundation Use of the Participant Registration Form 	<ul style="list-style-type: none"> Sign a license agreement with Active Living Partners

Facilitator Requirements	<p>Instructor:</p> <ul style="list-style-type: none"> • Current certification in cardiopulmonary resuscitation (CPR) • Current nationally recognized fitness instructor certification • Successful completion of the EnhanceFitness New Instructor Training <p>Master Trainer:</p> <ul style="list-style-type: none"> • Degree in exercise science, exercise physiology, or physical therapy or certification by ACE or ACSM • At least one year of experience in teaching older adult group exercise classes • Teach at least one ongoing EnhanceFitness class • Experience working with older adults and knowledge of diseases, disabilities, special needs, and issues pertaining to an older population • Current First Aid and CPR certification 	<ul style="list-style-type: none"> • Current certification in cardiopulmonary resuscitation (CPR) • Current nationally recognized fitness instructor certification 	<ul style="list-style-type: none"> • Current CPR certification • Certification in first aid is strongly recommended • Ability to lead a group • Social skills 	None	<ul style="list-style-type: none"> • Must complete an online prerequisite, a two-day online or in-person training, and pass a competency exam • Strong teaching skills • Able to work with groups
Facilitator Training Requirements	<p>Instructor:</p> <ul style="list-style-type: none"> • Two-day instructor training <p>Master Trainer:</p> <ul style="list-style-type: none"> • Two-day instructor training plus an additional two-day master-trainer training • Must have taught a class for at least two months as an instructor 	<ul style="list-style-type: none"> • 8-hour instructor training 	<p>Two options to train leaders:</p> <ul style="list-style-type: none"> • In-person, 3-4 hour training: costs \$50 per leader candidate and includes required materials • Online, self-directed training: costs \$50 per leader candidate and includes required materials 	None	<ul style="list-style-type: none"> • Online prerequisite and two-day online or in-person training • \$349 training fee per facilitator; includes materials, training, and competency exam

Required Materials	<ul style="list-style-type: none"> Chairs Adjustable wrist and ankle weights Stopwatch CD player Exercise music 	<ul style="list-style-type: none"> Ankle weights Elastic exercise bands Chairs CD or tape player Exercise music CD Participant manual Instructor manual 	<ul style="list-style-type: none"> Walk With Ease book** Leader's Guide Posters Implementation Guide 	<ul style="list-style-type: none"> Walk With Ease book** 	<ul style="list-style-type: none"> Active Living Every Day pack (book, printed study guide, access to online study guide) Pedometer
Optional Resources	None	<ul style="list-style-type: none"> Floor mats Aerobic exercise equipment is ideal Access to mirrors Microphone 	<ul style="list-style-type: none"> <i>The Arthritis Helpbook</i> by Kate Lorig and James Fries Marketing and incentive materials Walk With Ease FAQs (Frequently Asked Questions) Online support and materials available on www.letsmove.together.org Trainer's Guide 	<ul style="list-style-type: none"> Walk With Ease FAQs Online support and materials available on www.letsmove.together.org 	<ul style="list-style-type: none"> Incentive prizes Teaching materials (pens, chalk, flip charts, transparencies) Healthy snacks
Site Location Requirements	<ul style="list-style-type: none"> Non-carpeted community room with adequate room for sitting and standing exercise 	<ul style="list-style-type: none"> Community room with space for participants to stretch out arms laterally Unobstructed area for walking Storage space for equipment 	<ul style="list-style-type: none"> Must be safe and accessible, following the Americans with Disabilities Act standards. Adequate general liability insurance 	None	<ul style="list-style-type: none"> Classroom with adequate seating.
Website	http://www.projectenhance.org/ind_ef_aboutclass.html	http://fitandstrong.org/	http://lmt.arthritis.org/ways-to-move/walk-with-ease.php	http://lmt.arthritis.org/ways-to-move/walk-with-ease.php	http://www.humankinetics.com/ppALED