

## **Physical Activity Programs Overviews, Requirements, and Benefits**

### **EnhanceFitness**

#### **Developed by:**

- University of Washington Health Promotion Research Center
- Senior Services
- Group Health Cooperative

#### **Overview:**

- 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.

#### **Course Length:**

- Classes are ongoing and meet three days a week for one hour

#### **Course Requirements:**

- 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

#### **Participant Benefits:**

- Increases strength
- Improves balance
- Helps participants become more limber
- Boosts activity levels
- Elevates mood

#### **Implementation and License Requirements:**

- Must have a license for organization and site location
- Training fee incorporated into license

#### **Facilitator Requirements:**

Instructor:

- Current certification in cardiopulmonary resuscitation (CPR)
- Current nationally recognized fitness instructor certification

- Successful completion of the EnhanceFitness New Instructor Training

**Master Trainer:**

- 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

**Facilitator Training Requirements:**

**Instructor:**

- Two-day instructor training

**Master Trainer:**

- 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

**Required Materials:**

- Chairs
- Adjustable wrist and ankle weights
- Stopwatch
- CD player
- Exercise music

**Optional Resources:**

None

**Site Location Requirements:**

- Non-carpeted community room with adequate room for sitting and standing exercise

**Website:**

[http://www.projectenhance.org/ind\\_ef\\_aboutclass.html](http://www.projectenhance.org/ind_ef_aboutclass.html)

**Fit & Strong!**

**Developed by:**

- University of Illinois at Chicago
- Midwest Roybal Center for Health Promotion & Behavior Change

**Overview:**

- 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.

**Course Length:**

- Meets for eight weeks, three days a week for 90 minutes (60 minutes for exercise and 30 minutes for lifestyle change education)

**Course Requirements:**

- 20-25 people with arthritis and other chronic health conditions participate in group-oriented classes

**Participant Benefits:**

Improves:

- Lower extremity stiffness, pain, and strength
- Aerobic capacity
- Participation in exercise and caloric expenditure
- Participants confidence to exercise

**Implementation and License Requirements:**

None

**Facilitator Requirements:**

- Current certification in cardiopulmonary resuscitation (CPR)
- Current nationally recognized fitness instructor certification

**Facilitator Training Requirements:**

- 8-hour instructor training

**Required Materials:**

- Ankle weights
- Elastic exercise bands
- Chairs
- CD or tape player
- Exercise music CD
- Participant manual
- Instructor manual

**Optional Resources:**

- Floor mats
- Aerobic exercise equipment is ideal
- Access to mirrors
- Microphone

**Site Location Requirements:**

- Community room with space for participants to stretch out arms laterally
- Unobstructed area for walking
- Storage space for equipment

**Website:**

<http://fitandstrong.org/>

**Walk With Ease – Group Model****Developed by:**

- Arthritis Foundation

**Overview:**

- 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.

**Course Length:**

- Meets for six weeks, three days a week for about an hour

**Course Requirements:**

- 12-15 people with arthritis and other chronic health conditions participate in group-oriented classes

**Participant Benefits:**

- 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

#### **Implementation and License Requirements:**

- Organization signs a Co-Sponsorship Agreement with the Arthritis Foundation
- Use of the Participant Registration Form

#### **Facilitator Requirements:**

- Current CPR certification
- Certification in first aid is strongly recommended
- Ability to lead a group
- Social skills

#### **Facilitator Training Requirements:**

Two options to train leaders:

- 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

#### **Required Materials:**

- Walk With Ease book\*\*
- Leader's Guide
- Posters
- Implementation Guide

#### **Optional Resources:**

- *The Arthritis Helpbook* by Kate Lorig and James Fries
- Marketing and incentive materials
- Walk With Ease FAQs (Frequently Asked Questions)
- Trainer's Guide

#### **Site Location Requirements:**

- Must be safe and accessible, following the Americans with Disabilities Act standards.
- Adequate general liability insurance

#### **Website:**

<http://lmt.arthritis.org/ways-to-move/walk-with-ease.php>

## **Walk With Ease – Individual Model**

### **Developed by:**

- Arthritis Foundation

### **Overview:**

- 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.

### **Course Length:**

- Self-paced, six-week walking program

### **Course Requirements:**

- Individual program for people with arthritis and other chronic health conditions

### **Participant Benefits:**

- Same as the Walk With Ease group model.

### **Implementation and License Requirements:**

- Organization signs a Co-Sponsorship Agreement with the Arthritis Foundation
- Use of the Participant Registration Form

### **Facilitator Requirements:**

None

### **Facilitator Training Requirements:**

None

### **Required Materials:**

- Walk With Ease book\*\*

### **Optional Resources:**

- Walk With Ease FAQs

**Site Location Requirements:**

None

**Website:**

<http://lmt.arthritis.org/ways-to-move/walk-with-ease.php>

**Active Living Every Day****Developed by:**

- The Cooper Institute

**Overview:**

- 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:**

- Meets for 1 hour per week for 12-20 weeks

**Course Requirements:**

- 5-20 people with arthritis and other chronic health conditions participate in group-oriented workshops

**Participant Benefits:**

- 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:**

- Sign a license agreement with Active Living Partners

**Facilitator Requirements:**

- 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:**

- Online prerequisite and two-day online or in-person training
- \$349 training fee per facilitator; includes materials, training, and competency exam

**Required Materials:**

- Active Living Every Day pack (book, printed study guide, access to online study guide)
- Pedometer

**Optional Resources:**

- Incentive prizes
- Teaching materials (pens, chalk, flip charts, transparencies)
- Healthy snacks

**Site Location Requirements:**

- Classroom with adequate seating.

**Website:**

<http://www.humankinetics.com/ppALED>