



Enhance[®] Fitness Flash

"News EF Instructors Can Use"

VOLUME 1, ISSUE 4

NOVEMBER / DECEMBER 2013

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And more!

What Does it *Really* Mean for Mobility?

Delving deeper into Fitness Test Norms with Dr. Rikli and Dr. Jones

Objectively determining an individual's current level of physical or functional fitness is a common practice in personal training that EnhanceFitness brought into group exercise instruction. We use three basic fitness checks from the set of functional fitness tests developed by researchers at California State University (Rikli

Jones' 1999). Each test has age and gender based normal limits (norms). A participant's score can be used to tell whether they are within, above, or below normal limits of a person their age and gender.

Recently, Dr. Rikli and Dr. Jones released an updated edition of their

functional norms which refines the score to a single number (criterion referenced or cut point score) indicative of physical capacity to remain functionally independent. **Note: the current norm charts in your EF Instructor's Manual remain valid.**

However, additional information is available to you in the table (left) to increase the meaningfulness for your participants, thereby increasing the motivational strength of this already robust tool. "Cost savings in health care expenses and in diminished quality of life would be substantial if we could prevent, or at least delay, older adults' progression from the independent to the frail and dependent category" (Senior Fitness Test Manual/Roberta E. Rikli, ,

C. Jessie Jones—Second Edition, 2013) You know it. Make sure your participants do too.

*Do you have questions on fitness checks?
Contact your EF Master Trainer or
paiged@seniorservices.org*

<i>Fitness Scores Needed to Remain Mobile Until 90+</i>							
Age Groups							
FITNESS CHECK	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Chair Stand							
WOMEN	15	15	14	13	12	11	9
MEN	17	16	15	14	13	11	9
Arm Curl							
WOMEN	17	17	16	15	14	13	11
MEN	19	18	17	16	15	13	11
TUG							
WOMEN	5.0	5.3	5.6	6.0	6.5	7.1	8.0
MEN	4.8	5.1	5.5	5.9	6.4	7.1	8.0

Engage. Empower. ENHANCE.

Reference: Senior Fitness Test Manual/Roberta E. Rikli, , C. Jessie Jones— Human Kinetics, Second Edition, 2013

Regional Spotlight: **New Mexico**

New Mexico Senior Olympics, Inc. is no stranger to the benefits of regular physical activity. When the opportunity to introduce Enhance Fitness to the seniors of New Mexico arose, they did not hesitate!

Maegen Sanders, NM Senior Olympics Event Coordinator reports "Our mission as a healthy aging partner along with the NM Aging and Long Term Services Department is to provide physical fitness opportunities statewide for senior adults 50 years and older. As our senior athletes continue to prepare themselves for local, state and national competition we will encourage them to participate in EnhanceFitness as a way for them to maintain their optimum health through this evidence based exercise program throughout the year."

"Currently we have 17 EnhanceFitness classes in 15 different locations! We are diligently working to partner with new sites and recruit instructors to expand to new areas, reaching more seniors! Recently, we held an EnhanceFitness Rally at the New Mexico Conference on Aging, inviting everyone to join the class led by several EF instructors. We were able to demonstrate how much fun an EnhanceFitness class is to over 40 senior adults and senior program affiliates!" *Fantastic! Strong work, New Mexico!*



EnhanceFitness Instructor Jolene Fox and her Clovis Wellness Center class showing off their crazy colorful shoes!

Save the Date: Workshops/Trainings



EF Master Trainer

Trainings (MTT) --

Affiliates recommend candidates upon having an organizational need. Qualified candidates need to meet certification and instructor requirements as noted in the job description posting at projectenhance.org

January 18/19, 2014: Seattle, WA

July 27/28, 2014: Seattle, WA

EF New Instructor Trainings (NIT)

November 8/9, 2013: Albuquerque, NM

January 20/21, 2014: Seattle, WA

April 29/30, 2014: Seattle, WA

July 29/30, 2014: Seattle, WA

EF Regional Workshops-

Is there a regional workshop coming up in your area? We'd love to know about it! Send info to paiged@seniorservices.org

June 2014: Tukwila, WA

Other :

November 21-23, 2013: International Council on Active Aging (ICAA), San Diego, CA

March 11 -15, 2014: Aging in America Conference, San Diego, CA

April 1-4, 2014: ACSM Health & Fitness Summit, Atlanta, GA

August 13-17, 2014: IDEA World Fitness Convention, Anaheim, CA

“Not being able to manage the activities of daily living is one of the most common reasons people enter nursing homes. And physical frailty is often what keeps people from these activities and robs them of their independence.” ~ National Institute of Health, 2012

Welcome Silver&Fit

Silver&Fit® Adds EnhanceFitness Exercise Program to List of Endorsed Classes

San Diego, CA (for immediate release) – The Silver&Fit Exercise and Healthy Aging Program for Medicare Advantage members has added the EnhanceFitness program to its no-cost or low-cost class offerings. The classes will be available to Silver&Fit members at participating fitness facilities.

“EnhanceFitness is an evidence-based group exercise program that helps older adults at all levels of fitness become more energized and empowered to sustain independent lives,” said Silver&Fit Fitness Network Management Vice President Brett Hanson. “It’s a great addition to our program offerings.”

About the Silver&Fit Exercise & Healthy Aging Program:

The Silver&Fit program is an exercise and healthy aging program

providing unique, evidence-based fitness and health education activities for Medicare beneficiaries and group retirees. Check them out at: SilverandFit.com, a website with a variety of health tools and resources specifically designed for older adults. The Silver&Fit program is a product of American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH).



EF IdeaShare: *Keeping it Fresh*

○ We all strive to maintain the protocols of our evidence based program while keeping it fresh. Here are some tips from instructors around the country:

- * Change up that music!
- * Work in memory games!

- * Discuss current events!
- * Have themed classes celebrating local sports team or events!
- * Share jokes!
- * Use dice to decide which exercise to do next!
- * Story Aerobics!

November/December EF Poll:

Do you celebrate holidays in class? How?

Respond to the poll at:
www.facebook.com/groups/216915441752872/

And be entered in a drawing for a MuscleMixes gift certificate! Congratulations to Sept/Oct winner: Kathy Adolphsen, Washington

Participant's Corner



We love to hear your participant's feedback! Here are some com-

ments that have recently come across the desk:

I have been attending the class only three weeks (once a week) and already feel stronger. I hope to up my attendance to two times a week in the very near future. - EF Participant, UT

"Discovering EnhanceFitness has changed my 65 year old life! I love it, I am losing weight the slow and smart way, feeling more energy, gaining strength, loving the music and exercise. I cannot imagine missing a class. I am so happy to have this great program available to me and

my city. Thank you!" - EF Participant NM

"I love my Enhance Fitness class and my instructor!"- EF Participant, MI

"My class is so loyal, the other day one of the students said, "If we don't show up to class, we get a get-well card from the rest of the class!" Love 'em! - EF Instructor, NY

"I'm back from my month in France! I walked up to 10 miles some days and even walked a 100 step staircase without any problem! I'm back and READY TO EXERCISE!" - EF Participant, WA

Because We NEED our KNEES: Extension 101

The quadriceps are powerful extensors of the knee joint. Let's take a look at the knee extension protocol move. **Why do we do it?** We do it because the quads are crucial for walking. The rectus femoris attaches to the ilium so it is also a flexor for the hip. Knee extension is crucial to gait as it swings the leg forward into the next step. The quadriceps, specifically the vastus medialis, play the important role of stabilizing the patella and the knee during gait.

(reference Section 7 of EF Instructor's Manual, 2012 edition)

How to do: This exercise is always done seated, one leg at a time. Cue for posture, sitting tall in chair with hamstrings supported. Extend leg slowly in full range of motion. Pause. Keep the knee joint soft. Lower the leg slowly down the same path to the starting position. Pause. Repeat 8-10 times. **Caution! Watch out for:** Raising quad off chair prior to extension can over-stress hip flexor. **Remember:** If it hurts, don't do it. If the Doctor says don't do it, don't do it. 🐦



"Knee extension is crucial to gait as it swings the leg forward into the next step."

What they are saying on Facebook...

Instructors from all over the country are discussing challenges and success in the EnhanceFitness Instructor group on Facebook; let's listen in :

- * Instructors and Researchers shared some terrific articles recently on a variety of topics including "Getting Older, Getting Stronger, Strength in Seniors and Boomers", " Exercise and Cognitive Brain Function in Older Adults" and "How NOT to Impress your Students"
- * Colleen in FL was looking for some fresh choreography and many offered

helpful tips! Including Jennifer in UT who shared her pinned ideas at <http://www.pinterest.com/jenleez/enhance-fitness/>, Rachel in MI who suggested www.turnstep.com and Toshiko who recommended visiting other classes!

- * Barb in MD shared her cue for executing the perfect bicep curl: "Imagine there is Velcro on your elbow and it is stuck to the side of your body, palms facing ceiling as you lift and lower (getting full extension) Works like a charm. Perfect form!! "



Finger flings at the Refugee Women's Alliance (ReWA) Bhutanese Class, Laxmi Sangraula, Instructor

<https://www.facebook.com/groups/216915441752872/>
<https://www.facebook.com/ProjectEnhance>





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Vitaliy Markovich's EnhanceFitness class at the Ukrainian Community Center in Renton, WA, shares a meal following their workout.

Evidence Based : A Definition

Simply put, a program is judged to be **evidence-based** if it meets the following criteria:

- Evaluation research shows that the program produces the expected positive results;
- The results can be attributed to the program itself, rather than to other extraneous factors or events;
- The evaluation is peer-reviewed by experts in the field; and
- The program is "endorsed" by a

federal agency or respected research organization and included in their list of effective programs.

Enhance programs have been endorsed by the US HHS Administration on Aging and the Centers for Disease Control and Prevention Arthritis Program.

When you adopt an evidence-based program, you get an intervention with defined goals and proven results for a specific target population. The evi-

dence-based program package includes a researched rationale for the intervention, a well-defined program structure and timeframe, the required staffing needs and skills, the specific facility and equipment requirements, and key program evaluation tools to measure program quality and health outcomes. Evidence-based programs will increase the likelihood of positive outcomes for participants and provide tools to measure those outcomes for the justification of funding and efficient use of resources.

Thank you EF Instructors, for the vital work you do.

**Senior Services: Promoting the emotional, social
and physical well being of older adults**

Engage. Empower. ENHANCE.