



Enhance® Fitness Flash

“News EF Instructors Can Use”

VOLUME 2, ISSUE 2

MARCH / APRIL 2014

FIT BITS:

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Philadelphia, PA

Save the Date:
Trainings and
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Heard in Class...
What Participants
are Telling Us

Cues you can use:
Hamstrings

And more!

Outcome Reports: Strength in Numbers

See that picture to the right? That is Barb Fish and her Heritage Community “Ageless Athletes” taking a class picture following their Valentine’s Day fitness checks. What a vibrant group!

As an instructor, you know that EF fitness checks are the tool used to measure an individual’s functional fitness. A great many instructors utilize this time as a starting point for goal setting and to evaluate participant progress. However, you may not realize that you can obtain various individ-



ual-level and group-level outcome reports! All you need to do is check with your site coordinator (outside of Washington) or Helen Sielaff (hisielaff@seniorservices.org) (Washington State only). That’s right ! You can have a two page report to give to each participant. Please note that the data must be in the system for these reports to have useful meaning for your participants. So catch up those fitness checks and make your request! We are very interested in your feedback! Please send it to

paigned@seniorservices.org.

Don’t recall the fitness check schedule? Here it is*:

- Baseline (within first 3 classes for a new participant)
- 4 months (4 months from baseline)
- Yearly

(* This schedule does not reflect those sites with funders that require fitness checks more frequently)

Eric Ramos, Master Trainer / Instructor, and the Enhance-Fitness members at Lehigh Senior Center in Philadelphia

Regional Spotlight: PHILADELPHIA, PA



Philadelphia Corporation for Aging (PCA) offers EnhanceFitness two to three times per week at 17 different senior centers throughout Philadelphia. In 2013-2014, with the combined efforts of the PCA and senior center staff, the program has reached over 1,100 participants of multiple ethnic groups citywide and that number continues to grow with every class. A quote from one of their members: "Last year this time, I didn't have full use of my left or right arm. I couldn't fasten my clothes; I had to wait until I got to the center for help. Then I started the EnhanceFitness class, now I can lift both my arms over my head, carry things, and fasten my clothes. I even help more around the center and I'm thankful for this." - Ms. Luelver B., EF Participant, PA **Strong Work PCA EF! Kudos!**

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

July 27/28, 2014: Seattle, WA

EF New Instructor Trainings (NIT)

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 19, 2014: Tukwila, WA

Other :

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

March 12, 2014: EnhanceFitness: Strengthening Dissemination and Sustainability Success, 90 minute workshop/AiA

April 1-4, 2014: ACSM

Health & Fitness Summit, Atlanta, GA

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

November 13-15, 2014: ICAA Conference, Orlando, FL

ACE Symposiums 2014 TBA

ACE Workshop listing can be found at:

<http://www.acefitness.org/continuingeducation/fitness-workshops-conferences.aspx>

Adding a challenge...

Instructor Jodee Burris challenged her County of Kaua'i Agency on



Elderly Affairs EnhanceFitness class to a Wall Push Up challenge at the beginning of 2013!

This was above and beyond the EnhanceFitness session. Each participant was asked to try to do one more than they had the class before with the goal of hitting their age by year end. Many succeeded and surpassed their goal! Everyone had

*improved by year end and started 2014 **STRONG!** Way to go!*



March/April EF Poll:

What is your primary certification organization? How did you choose it?

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

And be entered in a drawing for a Power Music gift certificate!

Congrats to our Jan/Feb winner:

Laura Horne,

Y of Chattanooga, TN



EF Q&A : Certification Options

Q: What is a good fundamental certification for an instructor candidate?

A: This is an area being discussed in-depth industry wide and we will likely see the bar continually raised as fitness instructors truly become part of a healthcare team that includes registered dietitians, doctors etc in the emerging preventative wellness environment. Most health clubs/gyms require their trainers and group fitness instructors to hold a basic certification, awarded by certifying agencies that have third-party accreditation. These would include ACE, ACSM, NASM, NETA, AFPA etc. Third-party accreditation (NCCA) establishes standards so the fitness industry can regulate itself, and ensures the employer/participants that fitness professionals have a fundamental level of competency. The Coalition for the Registration of Exercise Professionals (CREP) has established the United States Registry of Exercise Professionals (USREPS) so qualified individuals are easily identified by consumers, employers, and referring professionals. USREPS represents exercise professionals who have earned the distinction of registration in the fitness industry. Visit the registry at www.usreps.org. The most common that we see at EnhanceFitness New Instructor Trainings here in Seattle are ACE, ACSM, AFAA and Y of USA. We require our Master Trainers to hold ACE or ACSM certification.

Participant's Corner

We love to hear your participant's feedback! Here are some comments that have recently come across the desk:



Members of Philadelphia Corporation on Aging's EnhanceFitness class at Lehigh Senior Center (pictured above) say that "they have never felt better and look

forward to every class! - EF Class, PA

"After about 2 years in EnhanceFitness Class, my blood pressure medication is half. My blood sugar medication is half. My weight is down 10% and my stomach is flat. I am not out of breath climbing stairs. Thank you!" - EF Participant, WA

"An 88 year old lady in my class found out that she had uterus cancer, stage III. She has been coming to my class for 8 years. Her doctor told her that he usually doesn't recommend 88 years old to go through strong chemotherapy and surgery. But he just wanted to try 2 very light chemotherapies to see if she can tolerate. She and I knew that she will be just fine with chemo because she is very strong both physically and mentally. Of course she came back to my class after first chemo and second chemo. I told her to be patient but do keep moving. Then her doctor decided to

give her 2 more regular dose of chemo to her because she was doing so well. Every time after chemo she came back to the class. Because of 4 chemotherapies, her tumor shrunk and her doctor was so impressed by it. Then, she went through major big surgery. She was absent from the class about 5 weeks after surgery but she came back. She was coming to the class regularly (3 times a week) for about 2 to 3 weeks after that.

Her doctor was so happy about the result but to make sure doc told her to go through two more regular chemotherapies. Her last chemo ended on December 27 and I just heard that her doctor told her to go back to Exercise class next week. ... Exercise is not only for losing weight but it is also building strong body to tolerate strong medicine, surgery and etc. which you might have to go through in your long life."—EF Instructor, WA

Don't get hamstrung: Knee Flexion 101

Maintaining independent mobility is a primary focus in elder health. Reduced mobility due to muscle weakness is frequently seen. Strengthening partner muscles and maintaining/regaining full range of motion are key to normal gait pattern movements. Let's focus on the Hamstrings via the protocol level 2 Knee Flexion movement. **How to do:** Weights are used around the ankles. Participants stands, using the back of the chair for support. Feet are flat on the floor and knees are side by side. Keeping the knees in the same plane of motion and the ankle flexed, slide the right toes back. This is the starting position. Slowly

bend the right knee, raising the heel toward the glutes. Slowly lower toes back to starting position without letting them touch the floor. Repeat 8-10 times per side.

Caution! Watch out for: Do not move the thigh, but do keep the knees side by side and ankle flexed.

Remember: If it hurts, don't do it. If the Doctor says don't do it, don't do it.

(Reference Section 7-55. , EF Instructor's Manual— April 2012, Copyright by Senior Services, Project Enhance)

HAMSTRINGS

- Semitendinosus
- Biceps Femoris
- Semimembranosus



What they are saying on Facebook...

Instructors from all over the country are sharing with one another in the EnhanceFitness Instructor group on Facebook; let's listen in :

MUSIC has been a **big topic** recently, here are some of EF Instructor Playlist Favs:

Jennifer, Utah: Jimmy Mack, Old Time Rock and Roll, Car Wash, Yellow Polka Dot Bikini, I just called to say "I love you," Green Onions, Respect, King of the Road, What a feeling, You're the Devil in Disguise, Cecilia, Ain't ya somethin Honey, Sundown and Another one bites the dust.

Barb, Maryland: Fabulous Fiftys. If I have

played that music trac once I have played it 100+ times. If I change music, someone will request it. Soon as it starts playing, everyone is singing. I found my thrillllll on Blueberry Hill.....

Colleen, Florida: ..the Biggest Loser Latin CD , they love it. I also did series with the Beach Boy's and did a "vacation" choreography cardio routine.

Garrett, WA: Played nothing but the Beatles in my class last Saturday. They loved it!

Shawn, MI: Here in Michigan we've been

having sub-zero temps, so to lighten things up I put on "Heat Wave" today! We're always mixing things up for interest. They even like PitBull's "Feel This Moment"!

Barb, MA: My participants LOVE The Swimming Song by Kate and Anna McGarrigle! We do the crawl, backstroke, breaststroke, and sidestroke and butterfly. Great routine for shoulder mobility and breathing.

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

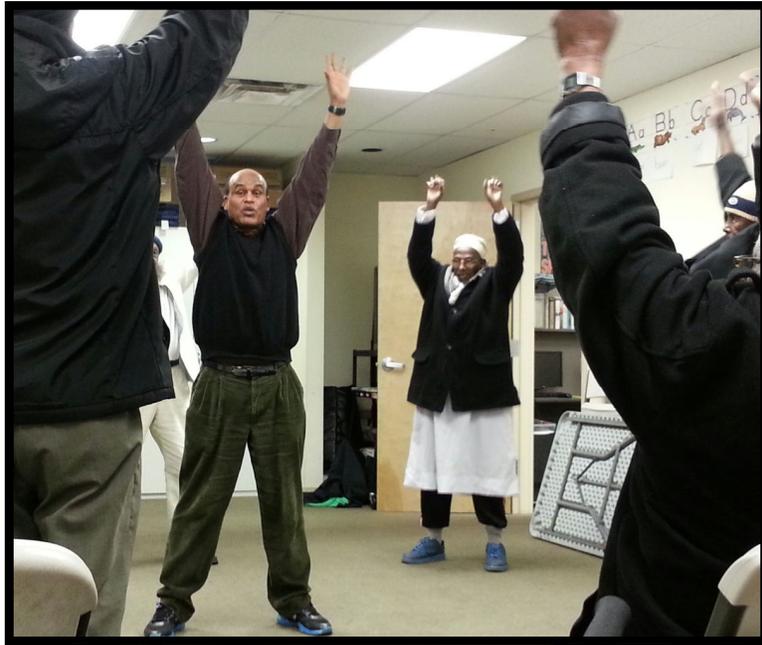




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Instructor Ali Hufane reaches tall with his Men’s Class at the Refugee Women’s Alliance (ReWA) program in Seatac, WA.

Social Justice : What does it mean?

"In matters of truth and justice, there is no difference between large and small problems, for issues con-

cerning the treatment of people are all the same."
-Albert Einstein

Social justice is the view that everyone deserves equal economic, political and social rights and opportunities.

ProjectEnhance is a program of Senior Services in Seattle, WA. At Senior Services we embrace the belief that cultural, social and other differences should be respected and celebrated. We are building a team of staff, board members and volunteers with extraordinary cultural competence and providing that team

with tools to positively address institutionalized racism. All members of our team are responsible for providing and supporting a culturally competent work environment that will enrich our interactions with each other and our products and services. This provides the foundation for empowering our customers (primarily those who are aging and giving care to others) so their needs are justly represented and their desires amply fulfilled.

Learn more today at <http://www.seniorservices.org/WhoWeAre/CulturalCompetence.aspx>



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

Engage. Empower. ENHANCE.