



# Enhance Fitness Flash

“News EF Instructors Can Use”

VOLUME 3, ISSUE 2

MARCH/APRIL 2015

## FIT BITS:

EF Spotlight:  
Nominate your  
State!

Save the Date:  
Trainings and  
Workshops

Heard in Class...  
What Participants  
are Telling Us

Cues you can use:  
Hip Abduction

And more!



Senior Services and American Council on Exercise bring you...

## ESSENTIALS for ENHANCEFITNESS INSTRUCTORS

As an EnhanceFitness program leader, you know the impact that physical activity can have on the lives of senior adults. In addition to improving stability and mobility, regular exercise can dramatically decrease the risk of developing chronic diseases like arthritis and osteoporosis. To ensure EnhanceFitness leaders have the foundational knowledge to lead group exercise safely and effectively, Senior Services and the American Council on Exercise have partnered to bring you “Essentials for EnhanceFitness Instructors”. The five-part course will complement the education you already have and allow you to focus on delivering enjoyable experiences that keep participants safe.

“Essentials for EnhanceFitness Instructors “ incorporates five courses aimed at helping leaders of EnhanceFitness community programs safely and effectively lead group exercise for senior adults.

- **Group Exercise Leadership** Gain the foundational knowledge of exercise and movement science, and learn how it applies to group exercise class design, implementation and modification.
- **Common Health Challenges Faced By Older Adults** Learn about the symptoms of cardiovascular disorders, respiratory problems, musculoskeletal conditions, metabolic disorders, neurological disorders, and visual and auditory disorders.
- **Chronic Musculoskeletal Challenges and Exercise** Discover how to design and adapt exercise programs with modifications and progressions specific to musculoskeletal ailments.
- **The Fitness Professional's Guide to Training Clients with Osteoarthritis** Learn how to train clients suffering from osteoarthritis, the most common joint disorder in the United States.
- **Exercise and Osteoporosis** Explore research regarding the effects of nutrition, physical activity, and medication on osteoporosis, along with exercise programs for adults at each stage of the disease.

Valued at \$400, the EnhanceFitness course is available to EnhanceFitness instructors at 50% off. Thank you ACE! Head to <http://www.projectenhance.org/EnhanceFitness/Instructors.aspx> , enter your login and look for the ACE logo to access! ( *Can't recall your login? Talk to your Master Trainer, Site Coordinator or contact BarryR@SeniorServices.org at ProjectEnhance — remember this continuing education opportunity is only available to instructors that have completed the EF New Instructor Training!* )

**Get started now!**

“Regional Spotlight” Section will return in the May/June edition of EnhanceFitness Flash!

# Save the Date: Workshops/Trainings

## 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](http://projectenhance.org)*

**NEW→**

**July 27-28 2015:** Seattle, WA  
Concurrent training with Matter of Balance at UW Health Sciences Building. Opportunity for Matter of Balance Master Trainers to

attend EF New Instructor training July 29-30\* For more information contact [paiged@seniorservices.org](mailto:paiged@seniorservices.org)

### EF New Instructor Trainings (NIT):

**March 22-23, 2015:** Kauai, HI

**April 20-21, 2015:** Seattle, WA

**July 29-30, 2015:** Seattle, WA

**October 19-20, 2015:** 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](mailto:paiged@seniorservices.org)*

**Quarterly:** Utah

**June 2, 2015:** Tukwila, WA

### Other :

**March 23-27, 2015:** ASA Aging in America , Chicago, IL

**May 26-30, 2015:** ACSM 6th World Congress on Exercise is Medicine, San Diego, CA

**July 11-15, 2015:** N4A Answers on Aging Conference, Philadelphia, PA

**July 15-19, 2015:** IDEA World Fitness Convention, Los Angeles, CA

**July 27-28, 2015:** Healthy Aging Summit, Washington DC

## Let's Talk Tempo

Warm-up - 108-124 bpm

Aerobic - 120-132 bpm

Cool down - 108-124 bpm

Strength training - 110-130 bpm

Flexibility stretching - 108-124 bpm

Q: Why does it matter?

A: Tempo influences not only energy and enjoyment, but pace of movement. Be sure to respect the purpose behind the warm up and cool down.



## And the beat goes on...

Project Enhance is pleased to announce that Power Music has signed on to be our exclusive music provider for EnhanceFitness! **Upon pre-registering their training through Project Enhance**, the EF Master Trainer will receive 2 new CD selections—one to use during the class and one for a lucky instructor at the end of class! All active instructors that have completed the New Instructor Training will have access to a year round 10% discount code available on the <http://projectenhance.org/EnhanceFitness/Instructors.aspx> secure access page. Forgot your password? Check with your Master Trainer or Site Coordinator today!



We are conducting a manual review, updating research citations etc. At this time, no substantive protocol changes are anticipated. Please send any typos, errors you have noted or comments you would like addressed to: [paiged@seniorservices.org](mailto:paiged@seniorservices.org). Thank you.

# Participant's Corner

We love to hear your participant's feedback and see their smiling faces! :

"My wife and I have many challenges due to physical injuries, and our activity level was in a downward spiral, as we got older things became more difficult and hurt more, so we did less, and the less we did the more we hurt... EnhanceFitness has made things

less difficult and the aches and pains are less, so we are doing more and enjoying life more. EnhanceFitness has given us more stability and endurance. EnhanceFitness has shown us that an instructor led exercise class geared toward helping our aging bodies is well worth our time." - EF Participants, Senior Neighbors, MI

**"YOUR LIFE DOES NOT GET BETTER BY CHANGE, IT GETS BETTER BY CHANGE."**



New Instructors and Assistants, Pacific Asian Empowerment Program ( PAEP )

## Hip Abduction 101: What's the Take Away?

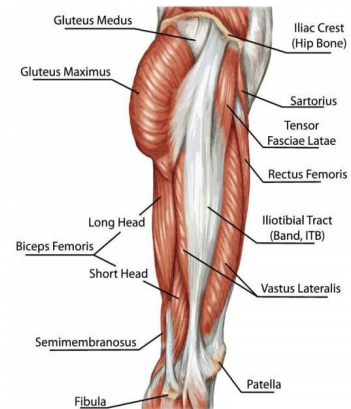
Studies show that the hip abductor often tests weakly with marked decrease in function and range of motion. To improved balance and reduce falls risk and related injuries, strengthen the muscles at the sides of the hips and thighs by performing this hip abduction protocol exercise each class session.

**How to do standing:** Feet are flat on floor and knees are side by side. Slowly move one heel straight out to side, making sure that toes face forward. Because the range of motion in the hip joint is small, the movement is small. Slowly lower leg to starting position without touching floor, while maintaining some tension in leg. Repeat 8-10 times per side.

**Watch out for:** Do not lean or lift leg too high.

**Tips:** This is not a balance exercise. Use back of chair for support. Seated modification available in your manual.

**Remember:** If it hurts, don't do it. If the Doctor says don't do it, don't do it. B (Reference Section 7, EF Instructor's Manual— April 2012, Copyright by Senior Services, Project Enhance)



## What they are saying on Facebook...

Instructors from all over the country are sharing with one another in the EnhanceFitness Instructor group on Facebook — here are some of their thoughts on teaching EnhanceFitness:

"When you love what you do, you will never work a day in your life. Proud to be an EF Instructor!!! " ~ Barbara, Maryland

"Great thing about EF is it's not a competition, you're all here for a common purpose, to HELP people. " ~ Shawn, Michigan

"I truly love each and everyone of my participants. They have come a long way in the year that we have been in class together! We are family!" ~ Julie, Michigan

"It is so rewarding that we are making a difference with EF. I love being an instructor, it is so much fun. " ~ Ann, California



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





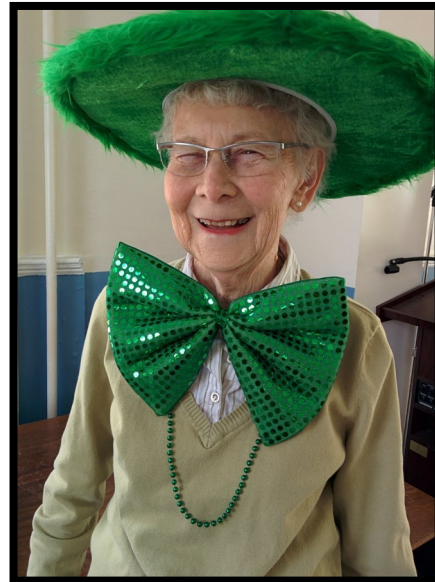
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A Massachusetts EF Participant enjoys the community spirit in her class. It is so important to work our social muscles too!

## What is the UW HPRC?

The Health Promotion Research Center (HPRC) is one of 26 Prevention Research Centers funded by the Centers for Disease Control and Prevention. They conduct community-based research that promotes the health and well-being of middle-aged and older adults, particularly those with lower incomes and in ethnic/cultural minority populations most at risk of health disparities. They are housed in the University of Washington Department of Health Services, in the School of Public Health.

**“Learn about adopting, implementing, and maintaining Enhance-Fitness classes in your community.”**

Read the research brief with findings about how to improve the uptake of evidence-based EnhanceFitness here: <http://depts.washington.edu/hprc/docs/EF-Brief.pdf>



**Health Promotion Research Center**  
A CDC PREVENTION RESEARCH CENTER

**Engage. Empower. ENHANCE.**