



Enhance[®] Fitness Flash

“News EF Instructors Can Use”

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Exercise Instruction & Cognitive Decline

Dr. Rebecca Logsdon is a Clinical Psychologist specializing in Gerontology and Researcher at University of Washington’s School of Nursing. Her research focuses on translation of evidence-based psychosocial interventions for individuals with dementia and their family caregivers into community settings, including early stage dementia support programs and physical activity interventions for individuals with cognitive impairment. In 2009, Dr. Logsdon received a grant for an evaluative pilot of the Enhance Mobility exercise program for individuals with dementia. Currently, this program is in pilot in Alaska and Washington.



Dr. Logsdon came to the Washington State EnhanceFitness Workshop June 2nd, and shared findings to date. To understand how best to instruct exercise to those with cognitive decline, it is necessary to understand what makes exercise challenging for these participants. There is a reluctance to try new activities, difficulty learning and remembering and an inability to exercise safely independently. So with that understanding, what is the best way to approach exercise? According to Dr. Logsdon’s research, providing support, assistance and lots of repetition is key. Monitoring for safety is a must—exercise class is not the time to use unfamiliar equipment. Incorporating daily walking and gradually increasing the dose (time/speed/distance) was a successful strategy. Once engaged in movement, here are a list of instruction tips that Dr. Logsdon’s research has show to be really helpful:

- Small Instructor to Participant Ratio, 1:4 or less
- Start seated, progress as able
- Start low repetitions, increase 1-2 at a time
- Allow rest breaks
- Keep program the same; do not add exercises unless specifically prescribed
- Music is great to draw participants into class but may distract during class

Enhance Mobility is still in pilot. This program differs markedly from EnhanceFitness and a full randomized control study is needed. We wish Dr. Logsdon and the pilot sites great success in their vital work!

Regional Spotlight: Washington State



EF Instructors gather at Tukwila Community Center, WA

Washington State EnhanceFitness Instructors gathered in June for their Annual Refresher Workshop. Washington is the home base of Senior Services’ ProjectEnhance; there is a strong presence in the King County area with plenty of room to grow statewide. In addition to engaging presentations, program updates, protocol refreshers and the always popular choreography exchanges, some special awards were bestowed. Stacy Burnham, EF Instructor at the Seattle Housing Assistance Group, was named WA EF Instructor of the Year, and Bob Bell, EF Instructor at the Kenmore Senior Program was given a special Community Builder Award. Instructors Kim Winston and Debby Karlin received their ten year certificates. What a great day celebrating! #StrongWork #EnhanceFitnessInstructors

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 2015: Seattle, WA
 Concurrent training with Matter of Balance. Opportunity for Matter of Balance Master Trainers to attend EF New Instructor training July 29-30* For more information



contact paiged@seniorservices.org

EF New Instructor Trainings (NIT):

July 29-30, 2015: Seattle, WA

October 19-20, 2015: Seattle, WA

Please note that instructors teaching at a Y facility must take their training through the Y Learning and Career Development Center.

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

August 2015: Albuquerque, NM

Other :

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

November 19-21, 2015: International Council of Active Aging, New Orleans, LA

“The encouraging message is that it's never too late to start.”

~ Cedric Bryant, Chief Science Officer, American Council on Exercise (ACE)

EF Frequently Asked Question

Q: What are the Requirements for an EnhanceFitness Master Trainer?

A: Step one is for a licensed Affiliate Organization to identify a need for a Master Trainer. The affiliate will send the resume of an identified candidate to ProjectEnhance for pre-approval to register. Master Trainers must hold a certification from ACE or ACSM or an equivalent degree, have at least one year of experience teaching EnhanceFitness, and teach an ongoing class. Public speaking and presentation skills are helpful. There is a \$2000 fee for this 2 day training that is followed by an 1.5 day opportunity to teach a new instructor training under the supervision of an EF T-trainer.

An EnhanceFitness Master Trainer training will be held in July in Seattle and in late Fall 2015 in the Midwest or East Coast. Is your affiliate interested in hosting in order to save travel costs? Contact Paige at paiged@seniorservices.org

EnhanceFitness Y-USA Training *by Maureen Pike, Y-USA*

When the YMCA of the USA (Y-USA), the Y's national resource office, secured a national Enhance®Fitness program license in 2012, a version of the EnhanceFitness Instructor training was embedded into the Y's national field training system. This training system is broken into four geographic regions supported by Y-USA staff and operated by 23 "Training Partner Ys" that serve as hubs for regional training activities. For all Y trainings, course coordination and individual trainee transcripts are managed through an online database called the "Learning and Career Development Center". In the Y version of the EnhanceFitness Instructor course, the evidence-based program curriculum is maintained, but there is additional content on how EnhanceFitness fits into the Y mission, values, and organizational strategy. Y Instructor candidates are also required to have a series of specific pre-requisite courses reflected on their YMCA training transcripts prior to registering for the EnhanceFitness training. YMCAs are eligible to send staff to this training after submitting a local organizational Readiness Assessment to Y-USA.

Y Trainers, the Y equivalent of Senior Services "Master Trainers", are qualified through the Y's internal processes to deliver the Y version of the Instructor training course, and Instructors who wish to lead EnhanceFitness classes for a Y must have this version of the Instructor certification. With funding from the Centers for Disease Control and Prevention, Y-USA brought 21 new Trainer candidates from 11 different states to Chicago for an EnhanceFitness Trainer Academy in April 2015 that doubled the number of Y EnhanceFitness Trainers to 42. These Trainers are now qualified to train the Y version of the EnhanceFitness Instructor course anywhere in the United States on a volunteer basis. This training can be made open to non-Y staff if and when there are vacant training seats and Instructor candidates are being sent by a licensed EnhanceFitness provider organization. Non-Y Instructor candidates will need to establish training transcripts on the "Learning and Career Development Center" website and must obtain the same pre-requisite courses as Y staff in order to register for Y EnhanceFitness training. For more information on accessing Y EnhanceFitness Instructor trainings, contact EnhanceFitness@ymca.net.

Participant's Corner

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

"...over the past years have had spinal operations, multiple hip operations, broken femur, knee replaced, pacemaker replaced and balance problems. It was suggested to me that I attend EnhanceFitness— Jenn, instructor, adjusts exercises to what I can do...this gets me out of the



house and gets me some exercise. Jenn and the EnhanceFitness class has kept me exercising, loosened up my joints, inspires me to do more by encouragement and continuous helping—In short I rate EnhanceFitness and Instructor Jenn 5 Star." ~ UT EF Participant

"...participants indicate they have more energy and flexibility...Many have gone through heart, hip, and knee surgeries with higher and sustainable recovery rates than other Seniors who do not perform regular physical activity. ...our doctors are impressed with our program and recognize the better



quality of life we are leading as a result of it" ~ WA EF Site

"Love this format. So glad I can be one of the first instructors to bring it to the Kansas City YMCA association." ~ Y EF New Instructor

" Safety is always number one with Stacy and she is aware of each Senior's health issues. She stresses not to over do—but to do the best they can" ~ WA EF Participant

Keeping Dexterity in those Digits: Finger Play

Lack of manual dexterity limits a participant's ability to perform self-care. Finger exercises can help with stiffness, improving flexibility and fine motor skills. Fist flings are a great exercise for improving flexibility in the hand. Make a fist with your hand(s), then fling them open, stretching your fingers wide. Repeat 3-4 times.

Watch out for: Pain due to arthritis flare up.

Tips: Physical therapist and Occupational therapists are great resources for your participant that is experiencing reduced function. Get to know them in your community! Here is another great resource recently shared in the EnhanceFitness Instructor's Group on facebook: <http://www.health.harvard.edu/healthbeat/5-exercises-to-improve-hand-mobility-and-reduce-pain>

Remember: If it hurts, don't do it. If the Doctor says don't do it, don't do it. (Reference Section 7-71 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 is what is trending:

⇒ **Do your class numbers change in the Summer months? Answers varied depending on geographic region, vigor of participants, caregiving responsibilities of grandparents with school out and more.**

- ⇒ **Are you seeing a trend at your site? In your affiliate?**
- ⇒ **Posting of a choreography lower body brain dump kicked off a rich exchange about safety of the grapevine move. This move is not for everyone and a two step is a good option to start with, giving optional progression to the vine only if appropriate for your participants.**
- ⇒ **A great article on balance was**

- ⇒ **shared, helping to get the gears turning on ways to invigorate your dynamic balance to static balance work.**
- ⇒ **Choreography shares are always a hit! Share your seated moves and inspire us all!**



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



< New Instructor, Ramon O., shows how to modify a standing routine.



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T-Trainer Andi Crawford and Master Trainer Kristie King were all smiles as EnhanceFitness Instructors gathered for their Annual EnhanceFitness State Meeting hosted by the Michigan Arthritis Program! Thank you, Michigan!

What is the “Triple Aim”?

Improving the U.S. health care system requires simultaneous pursuit of three aims: improving the experience of care for patients, improving the health of populations, and reducing per capita costs of health care. One way that this is achievable is by leveraging partnerships with evidence



-based programs in community based organizations. In a recent report to Congress, the Centers for Medicare and Medicaid Services (CMS) described promising evidence suggesting that Senior Services’ EnhanceFitness Program had driven down total healthcare costs, decreased unplanned hospitalizations, and decreased mortality rates for participating Medicare beneficiaries. EnhanceFitness is well positioned to have a growing impact on senior adult health going forward!

Engage. Empower. ENHANCE.