



Enhance[®] Fitness Flash

“News EF Instructors Can Use”

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FIT BITS:

New study shows EF associated with reduced falls

Save the Date: Trainings and Workshops

Heard in Class... What Participants and Instructors are telling us

Cues you can use: Glute Squeeze

Attendance 101: Do's and Don'ts

And More!!

Building on a Strong Foundation

Dear EnhanceFitness Community,

Project Enhance has been undergoing a lot of changes as you may be aware, and I am delighted to report we have reached a place from which the continued delivery as well as growth and dissemination of our award winning evidence-based programs can happen fluidly and cohesively. Summarized below are two key changes I'd like to share with you:

- **Dr. Sabine Thomas** has been hired as Senior Director, Health and Wellness and started Aug. 10th.
- **Paige Denison** has been promoted from EnhanceFitness National Trainer to Director, Enhance Fitness.

Dr. Sabine Thomas “Dr. Sabine” comes to us most recently from a non-for-profit organization, Hope For Haiti, where she worked as Country Director. She received her Doctorate of Naturopathic Medicine from Bastyr University and a Bachelor of Art degree from Mount Holyoke College. As a former National Institute of Health Post-Doctoral Research Fellow, she investigated the impact of integrative medicine in community health. Her passion for community health stems from her experience gained while working for the Center for Multicultural Health, the US Department of Health and Human Services, as well as Consejo Counseling and Referral Services.

I am guessing most of you already know Paige and are as glad as I am that she has been promoted. Her passion for EnhanceFitness never flags. She has been championing this program for 16 years now and has been a key driver of its successful dissemination to date. She has also been providing continuity and leadership during this past 12+ months of transition for which I am deeply grateful.

I appreciate our longstanding work together and am extremely excited about this new team made up of such stellar staff both “old” and new. I hope you will be, too.

Thank you,
Kate Turpin
Vice President—Senior Services



Paige and Dr. Sabine

New Study Finds EF associated with Reduced Falls

“The results of this analysis provide evidence that participation in EnhanceFitness is associated with a reduced risk of medical falls. Furthermore, as hypothesized, this relationship shows a consistent pattern in which the strongest protective association was for consistent users of the program. Participation in Silver Sneakers may provide a moderate degree of fall protection, although findings were inconclusive. **Overall, results suggest that evidence-based physical activity programs, particularly EF, should be more widely disseminated into communities not only for their general effects on fitness but also for their likely benefits on prevention of fall-related health care use, an important personal and societal outcome.** “

Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011

ORIGINAL RESEARCH — Volume 12 — June 11, 2015

Read the Abstract at: http://www.cdc.gov/pcd/issues/2015/14_0574.htm

→ EF Data Fact: It takes 2-3 times longer to enter an incorrectly completed sheet. ←



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

Late Fall 2015: TBA

EF New Instructor Trainings (NIT):

October 19-20, 2015:
Seattle, WA

December, 2015:
Las Vegas, NV

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

Other:

September 20-22, 2015: 2015 Senior Center Conference

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

New Orleans, LA

March 20-24, 2016: ASA Aging in America Conference

March 21-24, 2016: IHRSA 35th Annual International Convention and Trade Show

May 31—June 4, 2016: ACSM Annual Meeting and World Congress on Exercise is Medicine ®

July 13-17, 2016: IDEA World Fitness Convention

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



Does your affiliate need a Master Trainer trained before the end of 2015? Now is the time to start the approval process. Site coordinators should send EF MT candidate resumes to paiged@seniorservices.org.

(L-R: Master Trainers G. Casanova WA & A. Parrish SC at a recent Master Trainer Training in Seattle, WA)



Attendance Sheet 101 - Tips for Success:

- Please write names clearly and in UPPER CASE.
- Please be consistent in how you are filling in the circles. It is very confusing to read if some are in pencil, some are partially filled, etc.
- If you filled in a circle in error, mark it with an X
- If you marked a circle with an X, but it was a mistake and it should be counted, write OK above the X.
- Participants to be removed from the class to be marked clearly with both 1) a line through the name, and 2) the word 'REMOVE'.
- Please ensure that you complete your tallies, on the right hand column, and the bottom row column.
- (The total of the right hand column should match the total of the bottom row column).
- Partial names do not get entered.
- If there is no class on a particular day, please draw a straight line from top to bottom. Please do not exclude the day from the sheet.
- (i.e.) If the 5th is a holiday, please still include session dates 1, 3, 5, 8, 10 (and not 1, 3, 8, 10).
- Make sure you are using the most up to date issue of the sheets. We issue new sheets every 2 months. Let us know if you are not receiving updated copies.

Participant's Corner



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

Participant response to *What is your favorite part about EnhanceFitness?* : "Every part. I love it. Makes me feel good, energetic, full of life, as if years came off of my age. Pain improvement;

weight loss, blood pressure down!" ~ EF Participant, Massachusetts

My success story is of a 67 year old, obese cancer survivor and diabetic. She showed significant improvement in 2 out of three areas of her fitness checks. In February of this year, she gave me a note saying that she would not be returning to class for quite awhile. In April, she returned. After a couple of weeks back in class, she shared that she had to take time out to be a caregiver for her diabetic child, an amputee with substance abuse issues. My participant expressed being grateful to be back in

class three days a week, back in a routine with walking daily and back to working on weight loss. She is now a regular attendee in class. I think that this class provides a positive experience in several ways, she feels support from me and the class members, she is doing something for herself which is extremely important for a caregiver who is making frequent visits to see a son who is often unresponsive, and she is getting physical exercise. I think that this is a good example of how our classes serve dual purposes. Exercise and the socialization of a supportive group are very beneficial for any of us, especially for older adults.
~ EF Instructor, Washington

Hip Extensor Modification: The Glute Squeeze

The modified hip extensor exercise commonly referred to as the **Glute Squeeze** is a great option for those needing to remain seated during sit to stands too. Here is how to do it: 1) Do this exercise seated 2) Cue appropriate seated posture 3) Sit with feet flat on the floor 4) Squeeze buttocks together and hold for a 3 count, release 5) Repeat 8—10 times

Watch out for: Do not hold breath

Tips: This exercise is effective as part of a progression that ends with a sit to stand, offering participants options to choose their level. Sitting toward the front of chair works balance. Sitting toward the back of the chair will provide increased support.

Remember: If it hurts, don't do it. If the Doctor says don't do it, don't do it. (Reference Section 7-61 EF Instructor's Manual— July 2015, 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:

⇒ Choreography demos have been uploaded almost daily! Need new ideas? Check out the moves! Always remember to cue options for all levels

when teaching participants. Verbal and nonverbal cues are both important.

⇒ Sit to stand discussions in the facebook group led to the Glute Squeeze reminder above! Remember, no one in your class should have to sit and wait while others exercise. Creating an inclusive and

warm environment is a key part of the instructor's responsibility.

⇒ Service dogs? Back to school supply drives? Your wonderful class communities are giving back!
#EnhanceFitness
#StrongerTogether

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





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200+ Active Older Adults getting their EnhanceFitness cardio workout underway at Arcola Lakes Senior Center in Miami, FL! Fun! Big thanks to Florida Health Networks for their ongoing support of EnhanceFitness!

What is the EBLC?

The Evidence-Based Leadership Council (EBLC) is a collaborative effort to help you find, adopt and implement evidence-based health promotion programs.

This group of eleven leaders represent a total of 19 evidence-based programs (including EnhanceFitness and EnhanceWellness) and four community based organizations providing multiple evidence-based programming. These leaders are employed by community based organizations, foundations, healthcare systems, universities and governmental entities. These individuals have been directly involved for many years in the development, evaluation and scaling of their individual programs as well as implementation of these programs.



**Evidence-Based
Leadership Council**

All the programs represented by program developers of the Evidence-Based Leadership Council (EBLC) meet the Administration for Community Living's (ACL) highest level of evidence. The common goal of the EBLC is to form a permanent sustainable infrastructure – a national network. This infrastructure will support evidence-based programs for older Americans and provide the basis for effective contracting with health plans and providers under health reform.

Learn more at : www.eblcprograms.org

Engage. Empower. ENHANCE.