

Senior Services is now  
Sound Generations



## FIT BITS:

Save the Date:  
Trainings and  
Workshops

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

Arthritis  
Foundation unveils  
new Resource  
Locator

Hydration 101

Fond Farewells

And More!!

# Enhance Fitness Flash

*"News EF Instructors Can Use"*

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## A Happier New Year for Socially Isolated Seniors

By now, we've all heard the soundbite "sitting is the new smoking". Many of us have taken heed, working at stand up desks, building walking meetings into the workday and sporting wearables that track our movement, buzzing if we are stationary too long. Now that we've turned the page on 2015, it's time to shed brighter light on a crisis those of us in the aging field know all too well: Social isolation is detrimental to senior health. Loneliness is the new sitting/smoking. But it isn't new.

AARP's Loneliness Study in 2010 examined the relationships between loneliness and health behavior, revealing that

over a third of older adults are lonely.

People become isolated for many

reasons: disability, retirement, children moving away and the death of spouses, partners and friends are a few.

According to research done by psychologist John Cacioppo, "feeling extreme loneliness can increase an older person's chances of premature death by 14%". His work shows that the impact of loneliness is nearly as strong as the impact of disadvantaged socioeconomic status. "A



2010 meta-analysis showed that loneliness has twice the impact on early death as obesity does."

Scientific results from the original study for EnhanceFitness showed a 13% improvement in social function and 52% improvement in depression.

Participants gain resilience from using their "social muscles" much as they gain strength from lifting weights and endurance from doing cardio with you, EF Instructors!

*You are changing lives each time you teach. Thank you.*

\*See more on Professor Cacioppo's work at: <http://news.uchicago.edu/article/2014/02/16/aaas-2014-loneliness-major-health-risk-older-adults#sthash.Djigzv6B.dpuf>

## Welcome to Dignity Health, Our 39th State: Nevada!

2016 will truly be a "Happy New Year" at Dignity Health and Womens' Care & Community Outreach Center! Our trained team of EnhanceFitness® instructors are enthusiastically preparing to introduce this fun, scientifically proven adult physical education program. Our heartfelt mission is to offer high quality,

affordable programs improving all aspects of health to everyone in our community. We have scheduled and begun to spread the word of several FREE EnhanceFitness® classes beginning this January in our facilities throughout the valley. Our dedicated instructors have taken up the mission of reaching out to our community, representing Dignity Health, to offer everyone possible, the opportunity to experience the life-enhancing gift of better health, strength, flexibility and a fuller, happier social environment through physical fitness; putting into real action, our mission to bring excellent and affordable health services to all of our neighbors. *By Abigail Guida, SRDH*



New EF Dignity Health Instructors teaching back cardio training

# Save the Date: Workshops/Trainings

Learn More 

## 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)

### EF New Instructor Trainings (NIT):

**January 21-22, 2016:**

Kalamazoo, MI

**January 25-26, 2016:**

Seattle, WA

**January 28-29, 2016:**

Charleston, SC

*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 to [paiged@soundgenerations.org](mailto:paiged@soundgenerations.org)*

### Other:

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

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

**March 29—April 1, 2016:** ACSM's Health & Fitness Summit & Exposition, Orlando, FL

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

**July 13-17, 2016:** IDEA World Fitness Convention, Los Angeles, CA

**July 24-28, 2016:** n4a 41st Annual Conference & Tradeshow, San Diego, CA

## **New Year's Reminder:**

**Does your CPR and/or Certification Expire in 2016?**

**Say "No" to stress and Plan Ahead!**



## Hydration in the Senior Population

By Chris Mogadam, EnhanceFitness BDM

Dehydration takes on increasing importance as we age. There is often a decline in renal function; this is commonly one of the leading causes of hospitalization in older adults. For fitness instructors this issue can become difficult to address especially when classes include various age groups and may include 20 or more participants per class. Many factors influence sweat rate including the environmental temp and humidity, electrolyte status, medications, medical conditions, age & gender. Tips on dehydration can focus on pre-hydrating with fluids several hours before class, having water available during class and post exercise rehydration with foods and snacks rich in fluids and electrolytes. Adequate hydration may also provide relief from joint pain often exacerbated by dehydration. During winter, many underestimate the need for adequate hydration and these tips may help them to minimize the negative side effects of fluid imbalance in their bodies.

As I grow older, I pay less attention to what people say.  
I just watch what they do. — Andrew Carnegie

# EF Class Corner

*We love to hear participant/instructor feedback and see your smiling faces! :*



Fitness Checks in Nevada

" These classes inspire me to keep returning. The energy, enthusiasm, expertise and kindness of our instructors is important. They create a welcoming atmosphere and promote interaction among participants by introducing new people and talking with us. The exercises are making me stronger and more fit, helping me deal with arthritis in my knees and hands. When I come to class, I am doing the exercises prescribed by my physical therapist ( just not lying down!)" ~ EF Participant, **WA**

" ...I have been participating in this exercise class for over 3 years. We meet 3 times per week for one hour.

Before I attend class, I walk the track 6 to 8 laps. My mobility and balance have been significantly improved by this exercise. Thanks to our great instructor and the friendship fo the class, I look forward to each class. Recently, I had a pacemaker installed... I had little downtime and recuperated very fast."

~ EF Participant, **UT**

"Reflecting on a new session of EF classes that began Monday. Teaching 5 classes at 3 sites, I am bursting at the seams with my diehard regulars and many new faces. Overwhelming, crowded , but every person that joins my class is someone making those choices for a healthier lifestyle. " ~ EF Instructor, **MD**



## Arthritis Foundation <sup>SM</sup> New Arthritis Resource Finder

### HIGHLIGHTS ENHANCEFITNESS PROGRAM LOCATIONS NATIONALLY

EnhanceFitness is pleased to be part of the Arthritis Foundation’s new Resource Finder! You can check out this new locator from our colleagues at <http://resourcefinder.arthritis.org/> Please check your location information for accuracy. It is based on the information in our database; please be sure to keep your information current to maximize usability for participants trying to find your classes!

*And stay tuned for more great locator resources coming online in 2016!*

# What they are saying on Facebook...

Instructors from all over the country are sharing with one another in the EnhanceFitness Instructor group on Facebook and our public Facebook page is pretty busy these days too — here is what is trending:

- ⇒ **Tips for teaching mixed level classes**
- ⇒ **Chair recommendations**

- ⇒ **Exercise RX—Doctors prescribing physical activity ( YES!)**
- ⇒ **Fitness policy/advocacy updates**
- ⇒ **Comics, articles and inspirations—fun things to share with your class participants**

- ⇒ **Gift ideas for celebrations with participants**
- ⇒ **Music discounts**
- ⇒ **Choreography—everyone’s favorite!**



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



Senior Services is now

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A fond farewell to longtime EnhanceFitness

Instructor Mary Brown from her appreciative class!

Des Moines, WA

## EF Master Trainer bids farewell to Heritage & EF By Barb Fish, EF MT



Barb and Heritage Ageless Athletes in Kalamazoo, MI

My career began at Heritage Community 11 years ago. Despite significant resistance by frail older adult residents in our retirement community to exercise, Heritage created a Wellness Program. This program sparked fun, enthusiasm and commitment to fitness. It has moved our concept of exercise from a basic video with few residents to a much more comprehensive level today. As a key catalyst for our culture change, Heritage also became an EnhanceFitness site 9 years ago; which was a new approach to older adult exercise. Heritage partnered with a local senior center. After achieving my certification as an EF Master Trainer, I was able to train 6 new instructors on site in different levels of care throughout the continuum. Our fitness classes today are interactive, relational and spirited experiences. We integrate a whole person approach that focuses on the importance of fitness, attitudes, behavior, lifestyle experiences and the overall quality of life. In 2014 we received the National NuStep award which recognizes organizations that celebrate whole person wellness. This year, 2015, Heritage nominated me for the Shining Star Award for my enthusiasm and commitment to fitness. Winning that award was a “fitting” way to end a *shining* career at Heritage. Thanks to EnhanceFitness, I became my best at exercise for older adults and a true advocate of evidenced-based programming. I’m most grateful for the wonderful friendships I developed with Senior Services of Seattle and Michigan DHHS. ★ **Thank you, Barb!!**

**Engage. Empower. ENHANCE.**