



Enhance® Fitness Flash

“News EF Instructors Can Use”

VOLUME 4, ISSUE 6

NOVEMBER / DECEMBER

FIT BITS:

Save the Date:
Trainings and
Workshops

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

EW Counselors
resource recom-
mendations

Revisiting the
Soleus Stretch

A closer look at
your Zip Code

And More!!

Thirty-One Million Older Adults 50 and Over Inactive

Center of Disease Control and Prevention study concerning - **Need for EF Classes continues to grow**

“Thirty-one million U.S. adults ages 50 years and older are inactive and are not getting any physical activity beyond basic movement for daily life activities,” says a new study from the Centers for Disease Control and Prevention (CDC), published in the [Morbidity and Mortality Weekly Report](#).

CDC looked at data from the 2014 [Behavioral Risk Factor Surveillance System](#) and found that inactivity significantly increased as age increased. Almost 28% of adults ages 50 years plus were inactive, including 25% of adults 50-64 years, 27% of those 65-74 years, and 35% of those over 75.

Inactivity decreased as education increased, while inactivity increased as a person’s weight increased. Inactivity was more common among women (29%) than among men (26%) and was more common among Hispanics (33%) and blacks (33%) than whites (26%).

These findings are concerning for those of us

working in chronic disease prevention, especially when it comes to arthritis—the most common cause of disability in the United States.

About 53 million U.S. adults have arthritis. The number of adults with arthritis is estimated to increase to 78 million in 2040. Having arthritis, alone or in conjunction with other chronic conditions, may be a barrier to physical activity.

Being physically active can help reduce arthritis-related joint pain, improve mood and the ability to move, and decrease the risk of other chronic conditions, falls and disability. Being physically active is one of the most important things people can do if they want to be able to live independently in their own homes as they age.”

EnhanceFitness is a CDC Arthritis Program approved evidence-based intervention. The need continues to grow and we are here to help! Read on—See the full article at: <http://www.hhs.gov/blog/2016/09/15/physical-activity-is-vital-for-adults-50-years-plus.html#>

State Spotlight:

Maine ACL Grantee Expands Enhance®Fitness

Maine Area Agency on Aging (AAA), Spectrum Generations, was one of two AAAs in the great state of Maine to be awarded Administration on Community Living (ACL) funding to leverage evidence-based programs broadly for older adults. A key to expansion will be having their own EF Master Trainer to deliver New Instructor Trainings in state. New Bangor AAA Master

Trainer Erin Coltvet is far from new to EnhanceFitness, having taught in Michigan for many years prior to taking up residence in Maine. She is also a Matter of Balance Master Trainer and soon to be Chronic Disease Self-Management Master Trainer.

Integrating and scaling multiple evidence-based programs with fidelity builds capacity for improving health outcomes for older adults statewide. Replication, sustainability and increased access result in measurable population health outcomes and decreased healthcare costs. This is powerful work. Kudos to the implementation teams in Maine; we look forward to watching you grow! #EFStrong



(L-R: New EF Instructors Jennifer Fortin and Robin Maginn, EF Master Trainer Erin Coltvet and Paige Denison, Director, EF)

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

October 25-26: Maine

*Must be Pre-Approved by Project Enhance prior to registering

Interested in hosting? Contact PaigeD@SoundGenerations.org

EF New Instructor Trainings (NIT):

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

October 24-25: Seattle, WA

October 27-28: Augusta, ME

November 12-13: Flint, MI

December 1-2: Seattle, WA

December 9-10: Henderson, NV

January 26-27: Seattle, WA

EF Regional Workshops:

Is there a regional workshop coming up in your area? We'd love to know about it!

Other: (EF indicates EF presenting; EW indicates EW presenting)

October 29-November 2:

APHA "Creating the Healthiest Nation", Denver, CO

November 16-20: Gerontological Society of America (GSA)

"Annual Scientific Meeting", New Orleans, LA **EF EW**

November 17-19: Intl Council of Active Aging (ICAA) Conference, Orlando, FL **EF**

January 5, 2017: State of Reform, Seattle, WA **EF**

February 17, 2017: American Physical Therapy Association Combined Sections Mtg., San Antonio, TX **EF**

March 20-24, 2017: American Society on Aging (ASA) "Aging in America", Chicago, IL **EF**

The EnhanceFitness Instructor Newsletter will be published Quarterly beginning in 2017.

Resource Recommendations from our Enhance® Wellness Counselors:

- Motivating participants to become more physically active: <http://www.idealife.com/fitness-library/what-motivates-people-to-exercise>
- The Substance Abuse and Mental Health Services Administration (SAMHSA) and Administration on Aging (AoA) have partnered with the National Council on Aging (NCOA) and others to develop a series of issue briefs and webinars to address behavioral health issues that are important to older Americans: <https://www.ncoa.org/center-for-healthy-aging/behavioral-health/older-americans-behavioral-health-series/>
- The Four Keys to Well-Being: http://greatergood.berkeley.edu/article/item/the_four_keys_to_well_being
- Relaxation techniques for stress relief for your own practice and for your participants: <http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>
- **LEARN MORE ABOUT EnhanceWellness at www.projectenhance.org**

EF Class Corner

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

"The classes are very good. I am able to lift more weight, walk further and breathe better." - EF Participant, AZ

"I am so pleased with my increasing stamina, coordination and muscle tone since I began attending these classes. I value the emphasis put on identifying the specific muscles involved and also on proper breathing. Calling attention to them helps me focus." - EF Participant, WA

"The best fitness I have done especially be-

cause I had a total knee replacement. The mobility has been fantastic. I am so glad to participate in this great program." - EF Participant, AZ

"I really enjoyed the class as it gets me up and off my 'buns' 3 days a week. I've noticed more endurance in daily activities." - EF Participant, NY

"The chair aerobics are helpful in keeping my cholesterol lab values in an acceptable range." - EF Participant, MI

"The EnhanceFitness program is great. I know it has really helped me. It has helped with stiff and sore joints. It has helped with my blood pressure and with keeping my sugar in balance. I really



like our instructor, she's great!" - EF Participant, MI

"In these past few weeks, the extent to which I have been able to increase my general well being and physical fitness—stability, balance, strength and agility—as I approach my 80th birthday, has been not only enormously rewarding and beneficial but pleasant, fun and safe as well." - EF Participant, WA

Protocol Review - Level 1 Modifications for Soleus Stretch:

The calves consist of two muscles: the gastrocnemius and the soleus. The fibers of these muscles fuse at the Achilles tendon, which connects to the heel bone. When these muscles contract, they lift the heels and shift weight to the balls of the feet. As the foot lands in walking, squatting to sit or performing other such movements, the calf muscles must stretch to allow the foot to flatten and the shin to come forward. If calf muscles are excessively tight, they impair the ability to move properly, to squat down and to walk normally.

To stretch the Soleus seated, sit toward the front of the chair with feet flat on the floor. Check posture. Slide the right foot back, keeping the heel on the floor. Hold for 20-30 seconds. Repeat on the other side.

Review section 7–78 in your EF Instructor's Manual. Remember: If it hurts, don't do it. If the Doctor says don't do it, don't do it.



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:

We can't wait to hear what YOU are doing!

- ⇒ **Birthday Celebrations!**
- ⇒ **Study Resources**
- ⇒ **Welcoming Instructors!**
- ⇒ **Self Care Tips**
- ⇒ **Choreography Shares**
- ⇒ **Training Class Pictures**
- ⇒ **Research Highlights**



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





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Celebrating birthdays at Evergreen Community Center
in San Jose, California!

HEALTH: Zip Code More Important Than Genetic Code

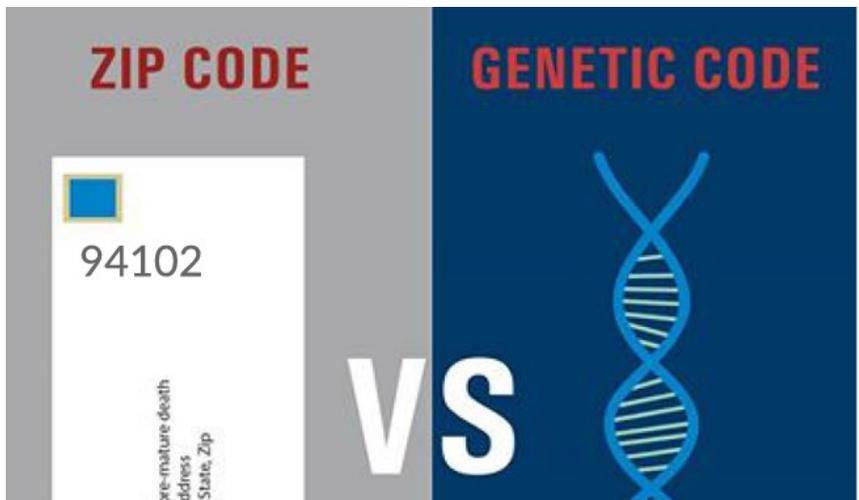
The health of a community directly effects the health of those who reside in it.

This resonates for us at Sound Generations. Statistics show that those living just 10 miles south of our offices, live 10 years less. This is a complex issue, and one that a single instructor can't solve. But we urge you to look into the statistics for your

neighborhood because they can help you assess one very important piece of the puzzle: who is NOT in your class. Learn more at wwwn.cdc.gov/communityhealth .

As a participant-centered evidence-based program disseminated beyond our original study site for over 23 years, we have been focusing on providing personal attention to class attendees for long time. And it is extremely important to focus on who is in your class. However, it is equally important to focus on who is not and to understand why.

We know EnhanceFitness has been shown to better health outcomes in all demographics. Focus on those with the greatest health disparities will lift us all up. Do you have a story to share? Send it to us at projectenhance@soundgenerations.org



Engage. Empower. ENHANCE.