Instructor Training Grants for Physical Activity Programs: Preparing for the Boomers!

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Objective

To expand the availability of evidence-based physical activity programs in local park and recreation agencies.
Webinar Overview

• Grant Eligibility and Requirements

• Program Overview
  – Walk With Ease (WWE)
  – Active Living Every Day (ALED)
  – Fit & Strong! (F&S)

• Lessons Learned and Best Practices

• Q&A
Eligibility

• Be a local park and recreation agency
• Be able to engage at least 60-100 participants between January 2018- November 2018.
• Provide services to underserved populations
• Serve a diverse community.
Partner Reporting

• Program Information:
  – Number of sessions implemented or intended to implement
  – Total number of participants engaged (including demographics and types of chronic diseases)
  – Successes and challenges

• Photos

• Success Stories

www.nrpa.org/arthritiss
Grant Awards

Based on the receipt of 2 Instructor Training Grants In-Kind Value:

Walk With Ease- $700 (training- $178; participant materials- $522)

Active Living Every Day- $2,030 (training- $520; participant materials- $1,510)

Fit & Strong!- $800 (training- $800; participant materials included)

www.nrpa.org/arthritiscare
Walk With Ease Program Overview

Lesha Spencer-Brown, MPH, CPH
Program Manager
NRPA
Walk With Ease Program

• Low impact walking program

• 6-week program
  – 1-hr classes, 3x/week
  – Available in Spanish
    • Camine con gusto

• Typical class session
  – Pre-walk informational lecturette (participant guidebook)
  – Warm up, stretch, walk (10-35 minutes), cool down, stretch
Walk With Ease Program

Instructor Training
- Online Training
- 3-4 hours
- WWE Certification Application
- No certification renewals

Program Costs
- Instructor training- $89
- Participant guidebook- $4.78

www.nrpa.org/arthritis/
Walk With Ease Program

Leader Requirements

• Current CPR certification
• First aid certification is strongly suggested
• Professional liability insurance coverage
• Experience in teaching physical activity classes with older adults
• Skills in group format instructional techniques
Active Living Every Day Program Overview

Michelle Maloney, MBA, MS
Program Manager
Human Kinetics
Active Living Every Day program philosophy

➢ Moderate physical activity = significant health benefits
➢ Lifestyle physical activity: an important alternative
➢ People are more likely to become and stay active when they learn lifestyle skills based on their readiness to change
Behavior change topics

➢ Identifying and overcoming barriers
➢ Enlisting social support
➢ Setting realistic goals
➢ Coping with lapses
➢ Rewarding yourself
➢ Positive self-talk
➢ Self-monitoring
Program delivery

➢ Weekly sessions
➢ 12 weeks
➢ About one hour
➢ Group size: up to 20 people
Benefits to your organization

➢ Save staff time and money by implementing a ready-to-use program
➢ Combat physical inactivity and obesity
➢ Use a variety of staff
➢ Introduce people to your other programs and community resources
➢ Establish partnerships
What makes a good ALED facilitator?

➢ Empathetic
➢ Organized
➢ Patient
➢ Good communicator
➢ Enthusiastic
➢ Open-minded (nonjudgmental)
➢ Physically active
Benefits to your participants

➢ It’s realistic.
➢ It’s personalized.
➢ It’s behavior-based.
➢ It’s research-based.
Training and support

➢ Facilitator training workbook with study questions and video examples: you work through it at your own pace
➢ 75-question exam: once you pass, you can start offering classes
➢ You get access to complete lesson plans, PowerPoint slides, handouts, sample marketing materials, and support when you need it
Program costs

Facilitator training: $349

➢ Includes participant book, training course, online access, lesson plans, sample marketing materials, and ongoing support

➢ No renewal needed

➢ Participant book: $41.95 each

➢ 40% discount if you order 25 or more at one time
What do participants say about ALED?

“My life will never be the same again. I feel like I am beginning anew. I have a new attitude, a new way of life, and a new way of thinking. The program allows moving at your own pace. It all begins with you.”

Carrie W.  
Detroit, MI

“I thought I couldn’t do the activities because of my disabilities but I proved myself wrong. I did some things that I have never done better.”

Bobbie M.  
Rockingham, NC

“The class gave me a lift. I had the chance to be with people who were understanding and helped me want to do activities and get back into life again. I haven’t felt this good mentally and physically in a long time.”

Ted K.  
St. Louis, MO
Fit & Strong! Program Overview

Susan Hughes, PhD, MSW
Professor and Director for Center for Research on Health and Aging
University of Illinois, Chicago
Fit & Strong! Program

• Group exercise and behavior change program designed for persons with lower-extremity stiffness, pain, and function

• 24 sessions that are each 90 minutes long
  – Meets 3 days/week for 8 weeks
  – OR meets 2 days/week for 12 weeks

• Each class consists of 60 minutes of physical activity and 30 minutes of group discussion
  – Exercise consists of stretching, low-impact aerobics, and strength/resistance training with ankle weights and elastic bands
Development of Fit & Strong!

• Builds on findings from earlier prospective, longitudinal study of 600 older adults in Chicago (GeriMAC)

• Measured at baseline, 2 and 4 years

• Found:
  – Arthritis is the number one cause of disability
  – Lower extremity joint impairment, in particular, is a risk factor for future disability (Dunlop, Hughes et al., 1998)
Fit & Strong! is Different

- Program is designed to “activate” participants and produce long-term results
- Physical activity and education for behavior/lifestyle change
- Participants develop individualized routines, that are personally meaningful
- Participants learn connection between exercise and managing chronic disease symptoms
- Uses **multiple component** physical activity to address lower-extremity stiffness, pain, and function
Benefits to Participants

Two National Institutes of Aging-funded studies show Fit & Strong!

– Improves lower extremity pain, stiffness, and function
– Increases self-efficacy for exercise
– Increases lower extremity strength
– Increases mobility
– Reduces symptoms of depression and anxiety
– Increases physical activity engagement
Benefits to Your Organization

• Fit & Strong! is
  – Low cost
  – Easily replicable
  – Helps participants achieve personally meaningful outcomes that are maintained up to 18 months after completing the class
Space for Fit & Strong!

• Max of 20 participants per class ideal
• Participants should be able to stand, extend both arms laterally without touching neighbor
• Storage for equipment
Equipment for Fit & Strong!

• Each participant receives 1:
  – Adjustable ankle cuff weight
  – Elastic resistance bands
  – Floor mat
  – Fit & Strong! Participant Manual

• Equipment is reusable
Instructor Qualifications

• Certified exercise instructor e.g. ACSM, ACE
• OR must have significant exercise background e.g. physical therapist, PT aide, etc
• OR must be certified in another evidence-based program
Training and Support

Online Training

– Involves series of short modules

– ~8 hours

We are here to provide ongoing technical assistance and support

– Class video taken to assess program fidelity
Participant Testimonials

“It was wonderful. It was very beneficial. I feel so much better mentally and physically.”
- Washington Park Chicago, IL

“I am able to move much better and my balance has improved. I can now walk for longer periods without stopping and with less pain.”
- Clarendon Park Chicago, IL

“It was an excellent experience. I never knew how much I could accomplish until I joined Fit & Strong! Thank you so much.”
- Clarendon Park Chicago, IL

“Fit and strong has helped me mentally and physically. No more knee shots for me. My blood pressure has dropped significantly!”
- Coppin Community Center Chicago, IL
Lessons Learned and Best Practices

Lesha Spencer-Brown
Program Manager
NRPA
Recommendations From the Field

• Create a plan and program budget

• Select and train at least two program facilitators

• Most successful marketing strategies
  o Face-to-face recruitment
  o Informational sessions

• Community Partnerships- healthcare providers, Area Agency on Aging, Senior Centers, Senior Living Communities, Local Health Department, Meals on Wheels

• Offer the program in convenient locations and varying times- survey the intended audience
Resources

- Marketing Toolkit
- Referral Toolkit
- Best Practices Guides
- Ongoing Technical Assistance
- Walk With Ease Class
- Zero Video
Best Practices Guides

Arthritis Interventions in Park and Recreation Agencies
Active Living Every Day: Best Practices Guide

www.nrpa.org/Arthritis
2018 Grant Timeline

Timeline
Application accepted through- Nov 6th
Notification- Early December
Kick of call- Early January
Instructor identification submission- early January
Program Implementation- Jan-November