

EnhanceFitness FREQUENTLY ASKED QUESTIONS

1. Who should attend the EnhanceFitness training?

At a minimum, the class instructor and the site coordinator and/or manager need to attend the training. It is helpful to have two instructors trained so that one can substitute if the other can't teach. Up to 12 people may attend.

2. How should we schedule EnhanceFitness classes at our site?

It is a one-hour class, held three times during the week, with at least one day off between classes (e.g., Mondays, Wednesdays, and Fridays). Classes are ongoing and are provided continuously all year long.

3. How often is the outcomes testing performed, and what tests are used?

Outcomes testing is conducted in the first week of classes and repeated every February, June, and October. Tests include the Bicep Curl to test upper body strength, the 8 Foot Up and Go to test agility and balance, and the Chair Stand to test lower body strength. These are validated tests (Fullerton Fitness Test) as researched by C. Jessie Jones, PhD, and Roberta E. Rikli, PhD.

4. How are outcomes testing results compiled and analyzed?

Computer-scannable forms are provided to sites by Senior Services Project Enhance and include tracking forms for participant demographics, functional testing, and attendance. Sites complete these forms and send them to our administrative office. We enter and analyze the data. Sites receive an annual outcomes report.

5. Who can teach EnhanceFitness?

Instructors must be certified by a nationally recognized fitness organization such as [YMCA](#), [ACE](#), or [ACSM](#). They must also attend the required 1-day EnhanceFitness Instructor training.

6. What do we do if we can't find a nationally certified fitness instructor?

If your instructor is not yet certified but is in the process of becoming certified, he or she can begin teaching the class after attending EnhanceFitness Instructor Training. Alternatively, our trainer can provide an additional one-day training that will certify the instructor as a YMCA Older Adult Fitness Instructor.

7. Who can take the class?

Any older adult who is ambulatory, from the frail to the fit, will benefit from the EnhanceFitness workout. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of their participants.

8. What equipment and space do we need?

You will need:

- adjustable ankle and wrist weight cuffs for a class of 20
- rolling cart for the weights
- secured room for storing the weights
- sturdy, armless, straight-back chairs
- music
- a room with good lighting, a wooden floor (recommended), and good ventilation
- enough space for each participant to move around comfortably

9. In what types of settings can the class be provided?

Community centers, hospitals, senior centers, retirement communities, fitness clubs, schools, community clubhouses—any location that meets the above criteria.

10. Where can I purchase the weights?

You can purchase the weights at a sporting goods store or you can order them through EnhanceFitness. Weights will be shipped to the site of your choice and you will be invoiced for the cost of the weights (approximately \$700 for a class of 20).

11. How many participants are in a class?

The average EnhanceFitness class size is 13 participants. However, the average enrollment is 23. Participants typically go to 2 of the 3 weekly classes.

12. Does the participant need their doctor's approval to take the class?

As part of the enrollment process, you will send participants' doctors a letter (the template is provided in the training manual) informing them of their patients' participation. The letter requests that doctors inform the site and/or patients if taking the class is medically inappropriate.

13. Are participants charged to take the class?

Yes, unless there is a funding source for the instructor's salary. If not, the fees that participants pay cover the cost of the instructor. Some sites give instructors a flat rate per hour. Other sites may give the instructor 80-90 percent of the class fees while keeping the remaining 10-20 percent to cover operational expenses (e.g., utilities, printing and mailing costs, etc.).

14. What is the typical class fee if participants are charged?

The average fee per participant per class is \$2.25. You will set your own class fee, according to your costs and the ability of your participants to pay. EnhanceFitness is intended to be a low-cost and widely available exercise opportunity.

15. Who have been some of the community partners supporting (i.e., funding, staffing, or equipping) EnhanceFitness at other sites?

Area agencies on aging; service clubs (for equipment); local foundations; the Centers for Disease Control & Prevention, Prevention Research Centers Program; health departments; and parks and recreation departments. Collaborating with other organizations such as these has proven an effective way to support program implementation and expansion.

In addition, many class instructors are volunteers who want to stay fit and provide an important community service by teaching the class without charging an instructor's fee.

Fitness Instructor Certification

Below are links that would be useful to EnhanceFitness instructors needing national certification or continuing education credits (CECs) to maintain their national certification.

American College of Sports Medicine (ACSM) <https://www.acsm.org/certification/index.htm> advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.

American Council on Exercise (ACE) <http://acefitness.org/getcertified/default.aspx> is a nonprofit organization committed to enriching quality of life through safe and effective physical activity. ACE sets certification and continuing education standards for fitness professionals.

National Academy of Sports Medicine (NASM)

<http://www.nasm.org/Certification/home.aspx> is dedicated to revolutionizing the health and fitness industry through its commitment to deliver innovative education and evidence-based solutions and tools.

YMCA <http://www.ymca.net/> is the largest nonprofit community service organization in America, working to meet the health and social service needs of 18.9 million men, women and children in 10,000 communities across the United States.

International Council on Active Aging® <http://www.icaa.cc/Aboutus.htm> (ICAA), founded in 2001, has quickly grown to become the world largest association dedicated to changing the way we age by uniting and working with professionals in the retirement, assisted living, recreation, fitness, rehabilitation, medical, and wellness fields.

Research Partners

For more information about our research partners, go to the University of Washington Health Promotion Research Center (<http://depts.washington.edu/hprc>) and Group Health Cooperative (<http://www.ghc.org/>)