

# **Fitness Initiative for Senior Health: A Fitness Intervention in Broward & Miami Dade Counties**

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# EnhanceFitness©



- EnhanceFitness© is an evidence-based best practice model in physical activity programming for older adults
- Designed by researchers and specialists in aging at the University of Washington in Seattle as an easy-to-implement fitness program aimed directly at older adults
- EnhanceFitness© has proven to be:
  - easily usable *and*
  - efficacious among the broad, multi-cultural South Florida older adult population as well as
  - among participants with pre-intervention health and fitness levels ranging from frail to moderately-active and independent

# EnhanceFitness© Class Structure

- In a typical class of 15-20 participants experience:
  - 5-minute warm-up
  - 20-minute cardiovascular workout (dancing or walking to lively music they choose for themselves)
  - 5-minute cool-down
  - 20-minute strength-training workout with soft ankle and wrist weights (0-10 lbs)
  - 10-minute stretch/balance session (stretching and balancing exercises are also performed throughout the class)
  - *And*, participants are able to follow their own progress through Instructor administered functional fitness testing and self-administered quality of life evaluations (initiated at the time they enroll and performed again every four months).

# EnhanceFitness ©

## Performance Measures

- Chair stand
- 8 ft' get up and go
- Arms curls



# Fitness Initiative for Senior Health (FISH) Sites

## Miami-Dade (On-going)

- South Miami Senior Center
- Open Door Health Center
- Church of the Ascension
- James E. Scott Community Association of Richmond Heights

## Broward (New)

- Austin Hepburn Center
- City of Miramar Senior Center

## Broward (Pending)

- Noble A. McArtor Senior Day Center
- Hillmont Gardens Senior Housing Facility
- Memorial Senior Partners

# Fitness Initiative for Senior Health (FISH) Structure

- 4 Peer (Senior/Lay) Instructors that have been trained by EnhanceFitness © and are currently teaching classes in Miami-Dade
- 6 EnhanceFitness © Instructors that have been trained and come from the North Broward & South Broward District Hospitals
- 1 Newly trained EnhanceFitness© Master Trainer
- 1 Project Coordinator
- 1 Field Coordinator

# EnhanceFitness ©: Reducing Health Disparities



Ideal fitness program components that are necessary when working with minority groups are programs that include peer support and instruction, were offered in locations close to where attendees live and in a center that was targeted to their ethnicity, and included several options for exercising (e.g., alone, in a group).

(Snyder & Belza. (2005).Eliminating disparities in communities of color through the Lifetime Fitness Program. *Public Health, Research & Policy*)

# FISH Partners & Collaborators

**The Florida State Department of Health  
Bureau of Chronic Disease Prevention and Health Promotion  
The Florida State Department of Elder Affairs**

- Arthritis Prevention and Education Program
- Continue to partner with NSU for identification of funding opportunities to further expand Enhance Fitness © programming

## **Health Foundation of South Florida**

- Provide funding for program implementation & expansion

# FISH Partners & Collaborators

## Expansion continues

### **Broward County Health (NBHD) Memorial Health System (SBHD)**

- Provide Project Enhance trained Instructors that will maintain attendance records and conduct fitness assessments every 16 weeks

### **Broward County Elderly and Veterans Services Division**

- Assist with finding sites that will assist with recruitment and commit to hosting a minimum of 2 classes per week

### **Nova Southeastern University Allied Health Division, College of Osteopathic Medicine, Lifelong Learning Center and Recreation Center**

- Provide Project Enhance trained Instructors that will maintain attendance records and conduct fitness assessments every 16 weeks

### **Pamela Elfenbein, PhD, MSW**

- 2006 FIU Principal Investigator of the initial FISH (EnhanceFitness ©)  
During Transition Phase:
- Provide oversight of project fidelity to the FISH and EnhanceFitness© intent and protocols.
- Provide instructor training as Master Trainer to EnhanceFitness©

# 2008

- Opening of 2-4 EnhanceFitness sites
- Training additional EnhanceFitness instructors
- Providing assistance and guidance to others in Florida who are interested in hosting EnhanceFitness classes.