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Welcome to the  
2018 FRPA Conference!

# Cardio Circuit Evidenced Based Program

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## Learning Objectives

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- Be able to create an evidenced based fitness program for participants with varying disabilities
- Identify the measurable outcomes of a fitness-based cardio program.
- Learn how to use a fitness tracker and PACER testing to create data based results of the program.



## Cardio and Its Importance

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- "People with disabilities are less active and have higher rates of chronic disease than the general population. Given the health benefits of physical activity, understanding physical activity, its relationship with chronic disease, and health professional recommendations for physical activity among young to middle-age adults with disabilities could help increase the effectiveness of health promotion efforts" (Pubmed.gov, 2014).
- Based on the findings of the Physical Activity Guidelines Advisory Committee scientific literature supports the overall conclusion that physical activity provides important health benefits for children and adolescents. This conclusion is based on findings of observational studies in which higher levels of physical activity were found to be associated with more favorable health parameters as well as experimental studies in which exercise treatments caused improvements in health-related factors (Health.gov 2018).



# Recommended Health Guidelines

The Guidelines recommend that children and adolescents ages 6 to 17 do 60 minutes (1 hour) or more of physical activity each day. That includes:

**Aerobic Activity:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity (such as running, dancing, or biking), and include vigorous-intensity physical activity at least 3 days a week

**Muscle-Strengthening:** As part of the 60 or more minutes of daily physical activity, include muscle-strengthening physical activity (such as climbing trees, using playground equipment, or lifting weights) on at least 3 days of the week

**Bone-Strengthening:** As part of the 60 or more minutes of daily physical activity, include bone-strengthening physical activity (such as running or jumping rope) on at least 3 days of the week

It's important to encourage young people to try a variety of physical activities. Help them find activities that they enjoy and that are right for their age. (Health.gov, 2018)



# 6-Week Summer Cardio Program

(45mins each morning)

Upper Extremity Days (15 days)

Lower Extremity Days (15 days)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-8:35	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch
8:35-8:55	Mile Walk	Mile Walk	Mile Walk	Mile Walk	Mile Walk
8:55-9:00	Water Break	Water Break	Water Break	Water Break	Water Break
9:00-9:05	Bone Strengthening Jump Rope	Bone Strengthening Wall Pushups	Bone Strengthening Jump Rope	Bone Strengthening Wall Pushups	Bone Strengthening Jump Rope
9:05-9:10	Muscle Strengthening Weighted Leg Lifts	Muscle Strengthening Weighted Arms Lifts	Muscle Strengthening Weighted Leg Lifts	Muscle Strengthening Weighted Arms Lifts	Muscle Strengthening Weighted Leg Lifts
9:10-9:15	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-8:35	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch	Warm-Up Stretch
8:35-8:55	Mile Walk	Mile Walk	Mile Walk	Mile Walk	Mile Walk
8:55-9:00	Water Break	Water Break	Water Break	Water Break	Water Break
9:00-9:05	Bone Strengthening Wall Pushups	Bone Strengthening Jump Rope	Bone Strengthening Wall Pushups	Bone Strengthening Jump Rope	Bone Strengthening Wall Pushups
9:05-9:10	Muscle Strengthening Weighted Arms Lifts	Muscle Strengthening Weighted Leg Lifts	Muscle Strengthening Weighted Arms Lifts	Muscle Strengthening Weighted Leg Lifts	Muscle Strengthening Weighted Arms Lifts
9:10-9:15	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch	Cool-Down Stretch



## Measurable Components

Three identifiable components of at-risk physical health are unhealthy weight, high blood pressure, and limited aerobic capacity.

- Weight
  - Is directly related to your calorie consumption. Unhealthy weight is a result of high caloric intake and low caloric burn ( nutrition.gov)
- Blood Pressure
  - Physical activity not only helps control blood pressure it also helps you manage your weight, strengthen your heart and lower your stress level. A healthy weight, a strong heart and general emotional health are all good for your blood pressure.( heart.org)
- Aerobic Capacity
  - The higher the aerobic capacity, the higher the level of aerobic fitness. This type of activity remains the key to a healthy heart (Bialy,2018)



## Tracking Modalities

- Pre Test
  - Height; Weight
  - Blood Pressure
  - Pulse
  - Progressive Aerobic Cardiovascular Endurance Run (PACER) Test
- Daily Mile Tracking with Digital Fitness Trackers
- Post Test
  - Height; Weight
  - Blood Pressure
  - Pulse
  - Progressive Aerobic Cardiovascular Endurance Run (PACER) Test



## Results

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- All participants decreased their overall weight by 2-5%.
- 25% of participants decreased their overall blood pressure averages from pre to post test.
- 100% of participants increased their PACER test scores.
- Participants have also improved their cognitive knowledge of the benefits of living a healthy lifestyle. (not measured yet a significant importance in the healthy lifestyle journey)



## Creating A Program At Your Facility

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- Identify your goals for your participants/clients.
- Work within your department/agency for resources such as equipment.
- Partner with other agencies to increase the number of those you serve.
- Utilize available resources, no need to reinvent the wheel.



## Methods For Adaptation

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- Jumping rope simulation for those who don't have the coordination to jump with ropes.
- Individuals with physical limitations can participate based on their ability.
- Chair push-ups instead of wall push-ups.
- Increase time frames to accommodate participant abilities.
- Choose exercises based on groups abilities.



## Tips for Increasing Participation

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- Set-up a reward system...a prize for each full week of participation.
- Allow participants to track their own progress...visual gratification.
- Create special events related to cardio program...Smoothie Day
- End of program rewards...Certificate of Completion
- Buddy system...Partner less motivated with highly motivated



## Getting Everyone Involved

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- Involve your other sites or local community agencies.
- Create a healthy day social event for families to attend and reveal results of the participants achievements.
- Create a cardio day community event with prize categories for fastest mile completed in run/walk divisions or jumping endurance events. The event can incorporate the 3 identified components based on the recommendation of the Physical Activity Guidelines Advisory Committee. ( aerobic activity, muscle strengthening, and bone strengthening)
- Use the events as a way to get the word out about your programs and importance of physical activity for people with disabilities.



## Conclusion/Questions / Answers

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For more information about the Florida Recreation and Park Association visit [www.frpa.org](http://www.frpa.org).