



Welcome to the 2017 FRPA Conference!

Learning Objectives

- Identify eight senior health and fitness options available through contracting or training.
- Identify evidence-based programs that can make a economic impact for your agency.
- Recognize the need for advocating for senior health and fitness opportunities.



Statistics

The [CDC 2008 Physical Activity Guidelines for Americans](#) recommends two types of physical activity each week to improve health— aerobic and muscle-strengthening.

Experts recommend that older adults engage in:

- Moderate exercise for at least 30 minutes five days a week.
- Muscle-strengthening activities for two or more days a week that work all major muscle groups.

Statistics show that less than one-third of Americans aged 65+ meet this recommendation. However, there are many proven programs that can help keep seniors active.

According to the US Department of Health and Human Services only:

- 35 – 44% of adults 75 years or older are physically active
- 28-34% of adults ages 65-74 are physically active.

SilverSneakers

- Silver Splash
- Cardio Fit
- Boom
- Yoga
- Circuit
- Classic
- Stability



SilverSneakers Instructor Requirements

- Instructors teaching SilverSneakers must be affiliated with a participating Healthways fitness location.
- Instructors may not teach the SilverSneakers format in a fitness facility not contracted by Healthways, and must follow all guidelines set forth by Healthways for teaching the classes.

SilverSneakers Instructor Requirements

- All SilverSneakers instructors must possess and maintain the following credentials:
 - 18+ years old/ Current CPR certification/ One of the following professional credentials*:
 - Two or Four year degree in health, exercise science, recreation or physical activity-related field
 - Current professional health or fitness license
 - Nationally recognized fitness instructor/trainer certification
 - Completion of training workshop specific to the class format being offered
 - Each workshop consists of online self-directed courses and an in-person classroom component

Approved credentials must meet the following criteria:

- Requires a formal re-certification process which includes a termed expiration
- Requires continuing education courses as criteria for re-certification
- Requires current CPR card in order to acquire and renew certification
- Certification must be available to the general population
- Examples of approved certifications include: ACE, AFAA, ACSM, NETA, and YMCA.

NOTE: Aqua certifications will not be accepted for land-based formats, and land certifications will not be accepted for Splash.

Walking Program

- Walking Club
- Walking Log
- Steps Challenge - Pedometers
- Achievement - <https://www.achievemint.com/>
- Walgreens Balance Rewards - <https://www.walgreens.com/steps>



Weight Training

- To improve functional strength and flexibility.
- To increase bone mass and density.
- To build muscle strength.
- To lower body fat.
- To reduce resting blood pressure.
- To reduce low back pain.
- To reduce the pain of osteoarthritis and rheumatoid arthritis.
- To reduce symptoms of other chronic diseases.
- To enhance your personal appearance.
- To increase serotonin the ‘feel good’ hormone.

Arthritis Program

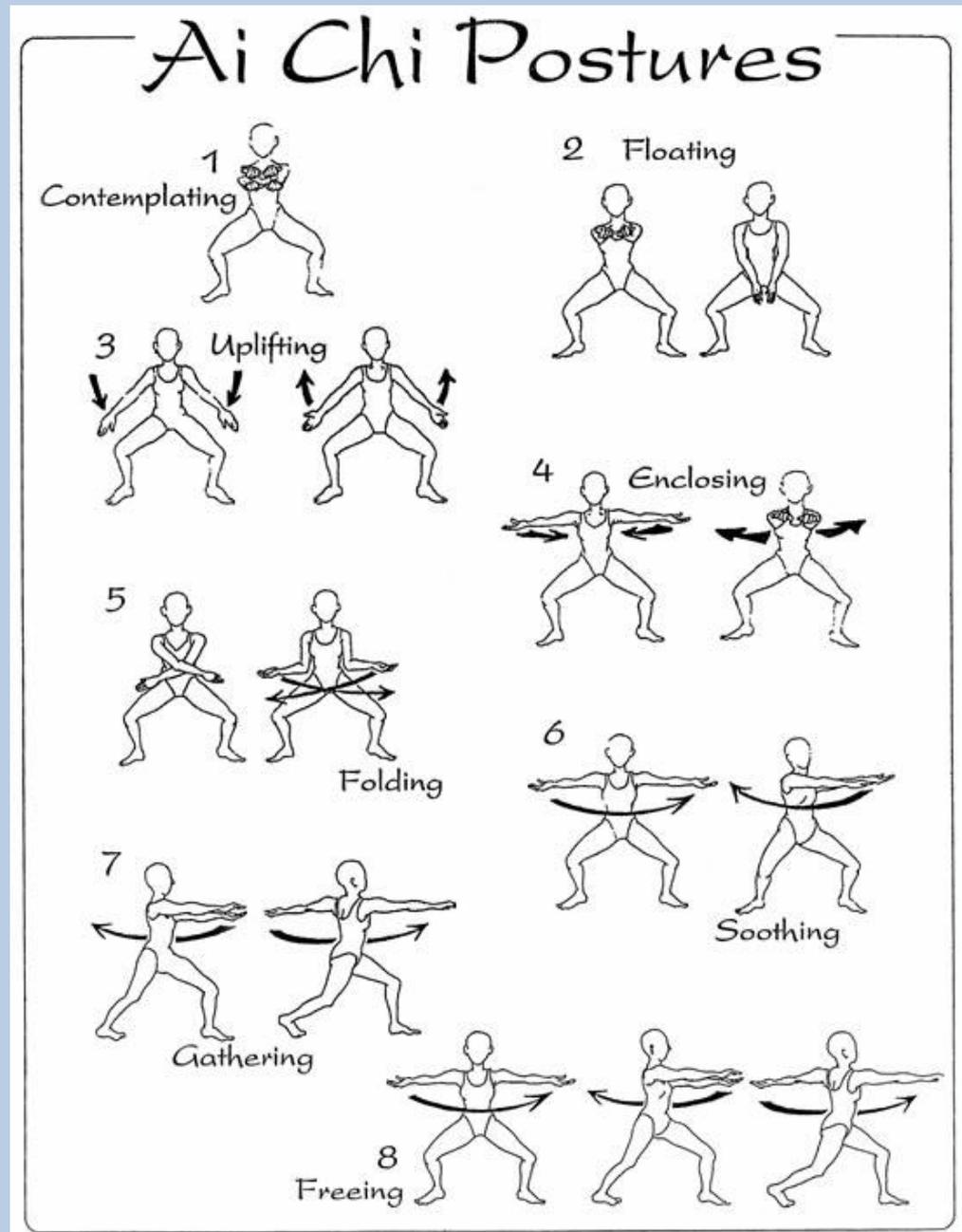
- AEA Arthritis Foundation Program Leader Information:
<https://www.aeawave.com/Arthritis.aspx>
- Functional exercises



Ai Chi

Ai Chi improves movement efficiency in patients:

- Musculoskeletal and Chronic Pain
- Cardiopulmonary, Vascular, and Metabolic
- Psychological, Neurobiological, and Cognitive
- Endocrine



Evidenced Based Fall Prevention Programs

- <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>
- <https://www.ncoa.org/resources/program-summary-a-matter-of-balance/>



Benefits of Advocating for Health Programs

- Allowing adults to stay in their homes longer
- Lower cost of health care costs
- Shorter stays in rehab facilities
- Healthier and well rounded adults
- Decreased depression





My World

Therapeutic Recreation Services, LLC

Dawn Lewellyn, CTRS, ATRIC, WSI, AAI, USWFA,
AEA, Back Hab

727-641-5778

P.O. Box 7606

Clearwater, Fl. 33758

dawn@myworldtrs.com

www.myworldtrs.com





For more information about the Florida Recreation and Park Association visit www.frpa.org.