

## Request for Proposals to Implement the *EnhanceFitness* Group Exercise Program

### Important Dates:

**Proposals Due:** ~~April 3, 2017 by 6:00 PM~~ **April 17, 2017**

**Awards Announced:** ~~April 16, 2017~~ **May 1, 2017**

**Project Start Date:** ~~May 2017~~ June 2017

**Length of the project:** June 2017 - June 2018

The SC DHEC Division of Healthy Aging in collaboration with Eat Smart, Move More South Carolina is seeking proposals from qualified organizations interested in starting, implementing and sustaining an *EnhanceFitness* group exercise program. Up to five organizations will be awarded \$3,000 each.

License and data entry fees will be paid by Eat Smart, Move More SC for the first year. Leader training will also be provided at no cost to the grantee (except hotel and per diem if necessary).

### Qualifications:

1. Implement the program in at least three sites three times a week
2. Have between one and three instructors who possess a current Nationally Recognized Fitness Instructors Certification (see attached list for approved certifications)
3. Fitness Instructor(s) must attend the 1.5 day leader training
4. Must submit program data through the online data entry system -ODES

### **For more information or questions:**

Please see the attached description or contact Michele James at  
[jamesmd@dhec.sc.gov](mailto:jamesmd@dhec.sc.gov) or 803-898-0349

***Applications due by email: April 17, 2017***

Send by email to the SC DHEC Division of Healthy Aging  
[Healthyaging@dhec.sc.gov](mailto:Healthyaging@dhec.sc.gov)

With the subject heading of: ***Proposal for EnhanceFitness***



## **Background and Intent**

Chronic diseases are the leading cause of disability and death in the nation. South Carolina ranks near the top of the nation in the prevalence of many of these conditions. With the aging population, the rates will continue to grow and the burden will become greater, unless we act now. To impact this trend, the South Carolina Department of Health and Environmental Control (DHEC) has been building partnerships to expand evidence-based prevention programs throughout the state to improve the years and quality of life among older adults.

The Centers for Disease Prevention and Control has provided funding to DHEC to reduce the impact of arthritis, which is one of the most common chronic conditions and the leading cause of disability in the nation. These funds enable us to provide implementation funding to partners across the state who are interested in implementing evidence-based programs within the community. The programs we promote are designed to improve the lives of those living with ongoing health conditions including arthritis, the elderly and those with disabilities.

*EnhanceFitness* is a low cost evidence-based group exercise program that is designed to help older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A certified instructor, who has completed the *EnhanceFitness* leader training, will lead the class through an hour of exercises at a pace that's right for the participants. Participants' progress is followed with fitness checks completed at the time the individual joins *EnhanceFitness*, again at four months, and then as often as needed.

Over 99% of participants say they would recommend *EnhanceFitness* to a friend. The class is proven to:

- **Increase strength.** People who regularly attend class grow stronger, improve their balance, and become more limber.
- **Boost activity levels.** Even the unfit quickly find themselves able to do the things they want to do, safely and independently.
- **Elevate mood.** Research shows that exercise can help prevent depression, and *EnhanceFitness* participants say they feel better physically and emotionally.

Proposals will be selected from partners in South Carolina who show the greatest potential to implement, promote, and expand *EnhanceFitness* in at least three sites in accordance with the guidelines set forth in this announcement. Up to five (5) proposals will be funded.

## **Eligible Applicants**

Applicants may be a community, health, or faith-based organization that clearly demonstrates a defined plan to promote, implement, and expand *EnhanceFitness* in at least three sites. The successful applicant will have *up to* three certified physical activity instructors (see attached list for Nationally Recognized Fitness Instructor Certifications) who will attend the 1.5 day leader training. Preference will be given to applicants that demonstrate the potential to sustain and further expand the program beyond the project period.

## **Available Funding and Time Frame**

The maximum is \$3,000 per award. The project period for this opportunity is June 2017 - June 2018.

## **Application Content**

Applications should be no more than 4 pages (excluding budget) and should be typed using 12 font type, Times New Roman, double spaced with one inch margins. Submit via email signed by the director of the organization. The application should address the following areas:

- Organization name, address, contact person's name and address, email, and fax
- The organization's capacity to implement the program to include certification information for each leader
- A plan to promote and implement the program
- Number of classes/sites and number of people the organization expects to reach or serve through the program
- How the program will be sustained after the first year
- Identify and describe roles of potential partners
- Budget (1 page maximum)

## **Application Review**

SC DHEC Division of Healthy Aging will review the applications in collaboration with Eat Smart, Move More SC appointees and make decisions about the awards. Awards will be selected based on the organization's ability to describe each area listed in the Application Content above. The budget is required but will not be rated.

## **Award Announcements**

Announcements of awards will be made on May 1, 2017

## **Nationally Recognized Fitness Instructor Certifications**

- American Council on Exercise (ACE)
- American College of Sports Medicine (ACSM)
- Aerobics and Fitness Association of America (AFAA)
- American Fitness Professionals and Associates (AFPA)
- FiTOUR
- National Academy of Sports Medicine (NASM)
- National Exercise Trainers Association (NETA)
- American Senior Fitness Association (SFA)
- YMCA
- International Council on Active Aging (ICAA)



## **EnhanceFitness**

### **Evidence-based Physical Activity Program for Older Adults**

**Program approved by AoA, NCOA, and CDC Arthritis Program**

**Website: [www.projectenhance.org](http://www.projectenhance.org)**

Year Program First Implemented in Community Settings: 1997. Currently implemented at 400+ sites in the United States.

#### **Program Synopsis**

- General description of program
  - EnhanceFitness is low-cost, evidence-based group physical activity program developed specifically for older adults. The exercises have been packaged into a formal regimen focusing on four key areas important to the health and fitness of mature participants: stretching and flexibility; low impact aerobics; strength training; and balance. Classes meet three times a week, an hour each session, providing social stimulation as well as physical benefits.
  
- Program goal
  - The goal of EnhanceFitness is to improve the overall functional fitness and well-being of older adults.
  
- Reasoning behind the program design and elements
  - Clinical researchers have proven unequivocally that physical activity reduces the risks of dying prematurely from heart disease, and of developing diabetes and colon cancer. It can help reduce high blood pressure for those who already have it, relieve feelings of depression and anxiety, help control weight, help build and maintain healthy bones, muscles and joints, and help older adults become stronger, more balanced, supple and more able to move without falling (Keenan & Hawkins, 2004).
  - Regular exercise in older adults improves energy metabolism, and vigorous resistance training substantially increases strength. Long-term controlled trials of exercise suggest that it reduces the loss of bone strength (Buchner & Wagner, 1992).
  - To address older adult physical activity needs, EnhanceFitness is multi-component and combines several key fitness areas: aerobic exercise, strength training, flexibility, and balance training.
  - EnhanceFitness can be tailored for specific chronic diseases (e.g., arthritis).
  - EnhanceFitness is taught by a certified fitness instructor to ensure quality assurance and safety.
  - Group participation and social interaction are often cited by participants as important dimensions of EnhanceFitness. Many participants have been attending classes for years, and will call another participant who stops coming to encourage them to return.
  
- Target population

- Older adults, from the frail to the fit. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of participants. A pilot program is currently being conducted for cognitively impaired participants, and results thus far are positive.
- Enrollees' physicians are informed in writing of their patients' upcoming participation in EnhanceFitness and are given the option of writing to the site if they believe that a patient should not participate.
- Essential program components and activities
  - Warm-up (5-8 minutes)
  - Cardiovascular workout (20 minutes)
  - Resistance strength training (20 minutes)
  - Flexibility (8-10 minutes)
  - Cool-down (3-5 minutes)
  - Balance training included in warm-up and cool-down
- Length/Timeframe of program
  - One hour classes, 3 times per week. Classes are ongoing and are provided continuously all year long.
- Recommended class size
  - Minimum of 10 and maximum of 25. Participants typically attend 2 of the 3 weekly classes.
- Desired outcomes
  - Increased strength.
  - Boost activity levels.
  - Elevate mood. Research shows that exercise can help decrease depression.
- Measures and evaluation activities
  - Outcomes testing is conducted in the first week of classes and repeated every four months. Tests include the Bicep Curl to test upper body strength, the 8 Foot Up and Go to test balance and mobility, 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. Optional tests include the 6-minute walk, 2-minute step test, and the 1-leg stand.
  - Outcomes testing results are compiled and analyzed by Senior Services Project Enhance. Computer-scannable forms are provided to sites and include tracking forms for participant demographics, functional testing, and attendance. Sites complete the forms and send them to the Project Enhance administrative office. Project Enhance enters and analyzes the data. Sites receive an annual outcomes report including baseline to follow-up changes, baseline compared to others, and baseline to follow-up changes compared to others. Other reports can also be requested.

### **Health Outcomes and Evidence Supporting Health Outcomes**

- In a 1994 randomized controlled trial, participants had significantly better scores on 7 of 8 SF-36 subscales (a standardized evaluation tool normalized for older adults) compared to controls. They also had fewer depressive

symptoms than controls (Wallace et al, 1998). Note: EnhanceFitness later used the shorter SF-12 subscale for evaluation purposes during program dissemination, but no longer uses either the SF-36 or SF-12 unless requested by a site.

- In a nationwide evaluation of 403 EnhanceFitness participants conducted in 2005, participants significantly improved in the Up and Go, Chair Stand, and Arm Curl measurements after four months compared to baseline measurements (Snyder & Barkey, 2006; based on EnhanceFitness database information).

### **Program Costs**

(please see [http://www.projectenhance.org/admin\\_ef\\_expenses.html](http://www.projectenhance.org/admin_ef_expenses.html) for additional and most recent cost information)

- EnhanceFitness Package
  - Basic fee, Year 1: \$3,000 (includes one site)
    - Fee per each additional site: \$1,000
  - Package includes:
    - EnhanceFitness license
    - EnhanceFitness marketing materials
    - Web site link
    - 1.5 day Enhance-Fitness instructor training for up to 12 instructor candidates
    - Administrative manual
    - EnhanceFitness instructor manual
    - Data collection forms
    - Data entry, analysis, and reports
    - Instructor monitoring (King County, WA only)
    - Annual national program report
    - Subscription to listserv
    - Invitation to Annual Instructor Workshop
    - EnhanceFitness instructor video
    - Up to 5 hours of technical assistance by Enhance staff
  - Basic Fee Renewal: \$300/site
  - Renewal fee per additional site: \$100
- YMCA fitness certification by EnhanceFitness T-Trainer
  - Basic fee: \$125
  - *Exercise for Older Adults: ACE's Guide for Fitness Professionals* (2<sup>nd</sup> Edition, \$34.95, payable to and purchased from the American Council on Exercise)
- EnhanceFitness Master Trainer Training
  - Basic fee: \$2,000
  - Package includes:
    - 4-day training
    - Master Trainer curriculum
    - EnhanceFitness instructor manual
    - Invitation to annual Master Trainer Workshop
    - Program updates
    - Trainer monitoring
    - Subscription to listserv

### **Program Savings**

- From Group Health Cooperative Cost Analysis in 2000 (Ackermann et al, 2003):
  - The average increase in annual total health costs of participants was \$642 compared to non-participant increase of \$1,175
  - If attending class once per week, 6% cost savings for participants compared to non-participants
  - If attending class more than once per week, 21% cost savings

### **Resource Requirements**

- Facility
  - Enough space for each participant to move around comfortably
  - A room with good lighting, a wooden floor (recommended), and good ventilation
  - Room temperature of 68-72 degrees
  - Area that does not echo
  - ADA accessible
- Equipment and materials
  - Adjustable ankle and wrist weight cuffs for a class of 20 (approximate cost for a class of 20: \$800)
  - Rolling cart for the weights
  - Secured room for storing the weights
  - Sturdy, armless straight-back chairs
  - Music
  - Performance Measure Equipment:
    - Stop watch
    - Five-pound and eight-pound hand-weights
    - Tape measure
    - Cone (or garbage can or large water bottle)

### **Training Requirements**

- Instructor training
  - Fitness instructors must be certified by a nationally recognized fitness organization such as YMCA, ACE, or ACSM. They must also attend the required 1.5 day EnhanceFitness Instructor training. It is recommended that the class instructor and the site coordinator and/or manager attend the training.
- Instructor certification required?
  - Yes, they must be certified fitness instructors and attend the 1.5 day EnhanceFitness Instructor training.
- Instructor qualifications
  - Certified fitness instructor
  - Current CPR certification
  - Preferred (not required) qualifications:
    - 2 years group exercise leader experience or background in exercise science, physical education or related health field
    - Knowledge of older adults' needs and issues
    - Basic motivational techniques
- Number of instructors required per class
  - One

## References

Ackermann, R., Cheadle, A., Sandhu, N., Madsen, L., Wagner, E., & LoGerfo, J. (2003). Community exercise program use and changes in healthcare cost for older adults. *American Journal of Preventive Medicine*, 25(3): 232-7.

Buchner, D., & Wagner, E. (1992). Preventing frail health. *Health Promotion and Disease Prevention*, 8(1): 1-17.

Keenan, T., & Hawkins, M. (2004). *Synthesis of AARP research in physical activity: 1999-2003*. Retrieved April 10, 2006 from AARP Web site: [http://assets.aarp.org/rgcenter/health/activity\\_synth.pdf](http://assets.aarp.org/rgcenter/health/activity_synth.pdf)

Snyder, S., & Barkey, B. (2006). *Enhancing fitness with Enhance Fitness*. Retrieved April 10, 2006 from Alabama Department of Public Health Web site: <http://www.adph.org/alphntn/470handouts.pdf>

Wallace, J., Buchner D., Grothaus L., Leveille, S., LaCroix, A., Wagner, E. (1998). Implementation and effectiveness of a community-based health promotion program for older adults. *Journal of Gerontology: Medical Sciences*, 53a(4): M301-M306.

This program overview was prepared by Ellen Schneider, Associate Director for Operations and Communications, UNC Institute on Aging. For additional program information, please visit the Project Enhance website: <http://www.projectenhance.org/>. Available health outcomes, cost, and savings data presented when known. We extend our thanks to the NC Area Agency on Aging directors for their assistance in designing the format for this document and to Project Enhance for reviewing the content.