

# **Increasing Wellness & Reducing Secondary Health Conditions for Individuals with Developmental Disabilities**

## **Replication Guide**

# **Background**

The start of a New Year brings with it a plethora of New Year resolutions. According to the President's Council on Physical Fitness, the number one New Year resolution among Americans is to get physically fit. Health clubs and spas are teeming in the first quarter of every New Year with new members hoping to successfully achieve their goals. Yet the number of individuals with developmental disabilities who utilize and/or are members of these clubs and spas is minuscule.

The National Center on Physical Activity and Disability (NCPAD), the University of Illinois, Chicago (UIC) and the Centers for Disease Control and Prevention (CDC) support this reality. The CDC in the Healthy People 2010 Progress Report conducted a comparative analysis for behavioral risk factors among people with and without disabilities. The results revealed that people with disabilities are more likely to be obese, have high blood pressure, and engage in exercise (and other healthy behaviors) less frequently than people without disabilities. The reports found that 45% of males and 56% of females with developmental disabilities were overweight. These figures are substantially higher than those for the general population and should be of concern to health care professionals and care givers.

A true understanding of the health and wellness needs of this population in light of low income and high costs is poorly understood beyond the medical community. People with disabilities often take many medications to address physical and mental concerns. A number of these medications can contribute to weight gain. Exercise and activity are critically important to offset the weight gain and is important to ensure muscles do not atrophy. In general however, as a result of a disproportionate number of people with disabilities living near, at or below the poverty level, memberships to fitness and health clubs and other

wellness activities are unaffordable and equipment and professional expertise are not accessible.

A survey by the Kaiser Family Foundation found people with disabilities go without many basic items and activities due to cost. More than a third postpone healthcare, skip medication doses or split pills due to save money. Another third reported spending less on basics such as food, and heat and forgoing recreational and social activities just to make ends meet.

Healthy People 2010 reported one indicator of the health disparities experienced by individuals with disabilities is that the rate of diabetes among people with disabilities is 300% higher than the general population. Since 1994, when National Organization on Disabilities and Harris began measuring whether people get needed health care, the gap between people with and without disabilities has risen from 5 percentage points to 13 percentage points today.

Also the Healthy People 2010 survey found: People with disabilities are more likely to have early deaths, chronic conditions, preventable secondary conditions and make more emergency room visits, at the same time they have less health insurance coverage and less overall use of the healthcare system.

It is encouraging to see the attention researchers, as mentioned above, are giving to the health and wellness of persons with disabilities. It appears to be starting to parallel emphasis on the importance of social, community integration, consumer advocacy, and employment opportunity. The 1970's deinstitutionalization movement implicitly assumed that community medical service providers would be responsible for the health of people with disabilities. However, as the contexts of medical and health care services change significantly, "health" is defined much more broadly than just as "medical services" and an emphasis on disseminating wellness information to persons with disabilities, caregivers, families and social service providers is critical to creating lasting change.

In December of 2010, the US Department of Health and Human Services unveiled Healthy People 2020, a 10-year plan for improving the Nation's health. The overarching goals of the plan are to:

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development and healthy behaviors across life stages

People with developmental disabilities can and must be encouraged through access to information and activity to become active participants in preventing and managing secondary conditions and improving overall health. Competent medical management alone has not proven effective in meeting the new understanding of "health" for persons with disabilities. Everyone, including individuals with disabilities need opportunities to engage in daily activities that contribute to their growth, development, fulfillment and community contribution.

# **Gulfstream Goodwill's Fit Club**

At Gulfstream Goodwill we began our foray into the world of fitness in the summer of 2009. Prior to that time, we operated an Adult Day Training Program (ADT), providing employment and life skills training to 50 adults with developmental disabilities. The program functioned within a person-centered approach to service delivery and as such participants in the program were empowered to exercise choice, take risks, provide input and accept responsibility for their choices. Choices in daily activities consisted of classes in money management, employment strategies, computers, life skills, social skills, literacy and cooking; field trips to local areas of interest; and in-house work experience.

During our search for ideas that would increase our offering of meaningful activities for participants, we discovered that the Florida Developmental Disabilities Council (FDDC) had issued a request for proposals for projects designed to increase wellness and reduce secondary health conditions for individuals with developmental disabilities. We were enthusiastic about the prospect of educating participants and offering them opportunities that would make a meaningful difference in their lives. We submitted a proposal and in March of 2009 we were awarded a grant to initiate the project.

As required by FDDC, the design of our project included the use of a Mentor Program. The Mentor Program would:

- Serve as a model for program development
- Provide technical assistance (ie: equipment, forms, curriculum)
- Assist with development of best practices in the program
- Participate in the exchange of new ideas

The Healthy Focus Program, a program operated by Goodwill in Columbus, Ohio agreed to serve as our model and mentor program. The program is part of their

Health and Wellness Center which serves both staff and participants. In 2009 they had over 15,000 visits. Services offered through the program include yoga, walking groups, aerobic exercise classes, a fitness room, diet and nutrition classes, health screening and monitoring, belly dancing, ballroom dancing, massage, and pet therapy. **See Mentoring Plan Agreement- Exhibit 1**

To kick off our program and generate interest, we worked with agency staff and participants to develop a name and logo to represent our health and wellness initiative. After gathering a list of possible names, the program participants voted on “Fit Club” for a program name and selected a logo to go with it.



Based on the proposal we submitted to FDDC, we kicked off our Fit Club program offering the following components:

- Personal Training
- Yoga
- Weight Watchers
- Walking Groups
- Health Education Classes
- Nutritional Education and Counseling
- Cooking Classes
- Guest Lectures
- Special Activities

In subsequent years, after soliciting additional feedback from our participants, we added additional components:

- Wii Fit/wii resort
- Basketball

- Volleyball
- Dancing
- Tai Chi
- Stationary biking

The success of the Fit Club at Gulfstream Goodwill has exceeded our expectations. We have seen significant improvements in weight, body mass index, blood pressure, health awareness, and self esteem among the participants of the program.

Our culture has changed:

- Birthday cake at the monthly birthday party has been replaced with jello and healthy snacks;
- It is “cool” to carry a personal water bottle;
- Sales of disposable bottles of water have dramatically increased;
- At the request of participants, content of many of their lunches has improved;
- Participants “catch” and remind each other and staff about unhealthy food choices;
- Participants requested healthy snacks in the vending machine. These sell out quickly.
- In anticipation, participants wait outside the gym for the trainer to arrive;
- Participants bring in workout clothes and show us their new sneakers, sweats, and tee shirts for the gym.
- Staff are working out, changing their eating habits, and losing weight.

There have been unexpected outcomes as well: improved attendance; increased referrals; increased enthusiasm from participants, staff, Support Coordinators, families; recognition from National Weight Watchers; and a high level of interest in evening and weekend activity events.

The remainder of this guide details the process we use to operate the Fit Club; the forms and monitoring tools we use; details, resources and suggestions for each of the activities listed above; ways in which we measure outcomes; and challenges we have faced along with their possible solutions.



# How the Fit Club Operates

## Basics:

- All activities are set up on a 12 week rotation.
- Program participants are asked to select their interest in one or more targeted activities for the 12 weeks. **See Choice Form- Exhibit 2**
- For some activities, the number of participants per rotation is limited due to availability of resources and/or they are best experienced as part of a committed routine (Weight Watchers, personal trainer). For those activities a predetermined number of participants are selected each rotation. Selection is based on interest, commitment and degree of supervision required.
- Other Fit Club activities are offered throughout the rotation and are open to anyone who is interested in attending.
- A calendar of events and classes for the month is sent home at the beginning of the month. It is posted in the program area and additional copies are available as participants need them.
- Participants work with their case manager to identify their goals relating to health, wellness and/or fitness.
- Employment consultants work with participants to tie healthy life habits with employability.
- A list is maintained of “back up” participants: individuals who have physician approval but want to try out an activity before committing.
- Program staff work continuously to encourage involvement, particularly among those individuals who are fearful of trying something new.

## Paperwork/forms:

- Physician Release forms- We require written physician permission for individuals to participate in physically demanding activities. Physicians are

asked to clear the individual for activities and to delineate any restrictions for that activity. If the physician has recently examined the participant, you may be able to fax the Physician Release form along with the PAR-Q form to the office and the physician will feel comfortable filling out the permission form and sending it back. Typically however, physicians require a face to face examination to fill it out. **See *Physician Release Form- Exhibit 3***

- Physical Activity Readiness Questionnaire (PAR-Q)- This questionnaire assists the physician in assessing an individual's physical ability to participate in activities. Then form is completed by the participant and/or their family/support staff. **See *Physical Activity Readiness Questionnaire (PAR-Q) –Exhibit 4***
- Letter from participant- This idea was given to us by our mentor program. We found that sometimes we were waiting weeks for individuals to bring back their Physician Release forms. Participants became frustrated waiting because this kept them from participating in the FIT Club activities. Typically the participant was waiting for someone to schedule an appointment and take them to the doctor's office. Case managers now work with individuals to sign and deliver this letter to their home providers. The response has been very rewarding. **See *Letter Home- Exhibit 5***
- Choice form- Every 12 weeks each participant is asked to fill out the choice form indicating those regularly scheduled activities in which they would want to engage for a 12 week period of time. Choices for additional supplementary Fit Club activities are made on a daily basis. **See *Choice Form- Exhibit 2***
- Fitness Club Feedback Survey- Designed to be distributed at the end of each rotation, this survey gathers immediate feedback on the rotation that just completed and can be used to make adjustments in the program as it

progresses to the next rotation. This survey sheet could also be placed in each individual's case record as documentation of their individual satisfaction with the program. **See *Fitness Club Feedback Survey-Exhibit 6***

# **Personal Training**

*"Lifting weights makes me strong"*

*"Exercising makes me strong."*

*"I do personal training; it's a lot of fun."*

*"I want to work out to help me calm down."*

*"I like abdominal exercises because it makes you feel like you're losing weight"*

## **The Fit Club:**

The trainer meets individually with each participating Fit Club member to develop a workout routine. Personal training sessions are tailored to each individual according to their ability. Each individual's workout program is designed specifically for them. Participants work out with the trainer (assisted by program staff) three times a week. The trainer works with 5-6 individuals per visit with a maximum of 5 participants in the gym at any given time.

Participants are given an individualized chart that lists their workout routine including the weights and number of repetitions. The chart is kept updated as the individual's routine progresses. The trainer and the technician prompt the participant to follow their chart or memorize their routine. The goal is for the individual to learn to do their routine as independently as possible. For a sample of a workout sheet with some of the components we offer, ***See My Workout Progress Sheet- Exhibit 7***

Participants are able to identify personal improvements by increased repetitions, increased weights or bands, and improved endurance. Many have reported feeling better, stronger, and slimmer. Staff have observed a noticeable improvement in the self esteem of individuals who work with the personal trainer.

In the third year of our Fit Club, our trainer started offering small exercise classes utilizing weighted balls, light weights, and medicine balls. This has been a very popular option with some of the participants; it has a social as well as physical

aspect to it. Additionally, on days that the trainer is not working with participants, program staff hold cycling groups- groups of 3 or 4 participants utilizing the stationary bicycles and cycling to motivating music.

Personal training is the most frequently requested Fit Club activity.

### **Suggestions for Replication:**

#### Expertise

For safety and liability reasons, it is important to utilize the expertise of a certified trainer.

Consider the following options:

- Find a volunteer trainer  
Try advertising on Craigslist under the “volunteers” heading  
<http://www.Craigslist.org/about/sites>  
Other sites to access volunteers:  
<https://Facebook.com/nonprofits>  
<http://www.volunteermatch.org/>
- Pay for an employee to get AFAA certified <http://www.afaa.com>
  - ~\$60 for the book
  - ~\$500 to take a course
  - ~\$68 yearly AFAA Membership fee
- Hire a trainer  
The middle of the day is typically not a busy time for many trainers. You may be able to strike a bargain rate if you commit to a schedule for a set number of hours each week.
- Try a once a month “Consulting Trainer”. They could assess and set up initial routines and then check on progress, modify routines, and respond to requests once a month.

- Hire program staff who already have this expertise. When advertising for program staff, mention it in your ad as “preference given to individuals who have experience in....”

### Equipment

- Exercise equipment/machines are fun and attract interest but they are not essential. Local thrift stores and classifieds are filled with people selling exercise equipment. Prices and quality vary greatly. It is essential that you do your research to be certain you are buying quality equipment at a good price.
- Stationary bicycles are very versatile and seem to be enjoyed by many individuals. If you have several bikes, individuals can exercise at one time and encourage and motivate each other.
- An assortment of hand weights, a variety of resistance bands and different sized medicine balls are relatively inexpensive and versatile and can provide an effective workout. The weights and bands are particularly useful for individuals who use wheelchairs.
- Don't forget the music!! Music makes it all more fun

### Another option

Consider utilizing the resources of a local gym. Typically the middle of the day is not their busiest time. See if you can negotiate a special rate for x number of rotating slots on weekdays between 10 AM and 2 PM. Many gyms have trainers on site and this typically is not a busy time for them either.

### **Internet resources for Personal Training:**

Exercise ideas and benefits: <http://www.diabetes.org/food-and-fitness/fitness/fitness-management/>

Exercise is medicine: <http://exerciseismedicine.org/>

Personal trainer certifying information:

[http://exercise.about.com/cs/forprofessionals/a/personaltrainer\\_2.htm](http://exercise.about.com/cs/forprofessionals/a/personaltrainer_2.htm)

# Yoga

*"I love Yoga! I love it!!"*

*I like Yoga. Yoga is peaceful."*

*"Yoga helps me to relax."*

*"I'm 68, I need to work on staying flexible"*

## **The Fit Club:**

Fit Club participants travel to a community yoga studio. The yoga instructor modifies poses to meet the needs of the class participants.

Two groups of six individuals take yoga classes one day per week. The class is open to other members of the community. One program staff attends the class and assists hands-on during the class. Pillows, props and other modifications are used throughout the session for individuals who need them.

We have found that participants who have taken the yoga classes are independently using the breathing techniques they have learned during stressful situations and when they are anxious. They also practice the breathing techniques during Meditation classes.

This is a very popular and frequently requested class.

## **Suggestions for Replication:**

Instructors:

There are several schools of thought on the need for certified yoga instructors. A certified instructor will have more expertise in pose modifications and adjustments, but there is no legal requirement for instructors to be certified.

Consider the following options:

- Find a volunteer instructor.

Try advertising on <http://www.Craigslist.org/about/sites>  
under the "volunteers" heading

Other sites to access volunteers:

<https://Facebook.com/nonprofits>

<http://www.volunteermatch.org/>

- If you have existing staff who have expertise in yoga, you could pay for them to get certified. This requires a significant time and cost commitment. This site gives more details:  
<http://yoga.about.com/od/yogaenthusiast/a/teachertraining.htm>
- Hire a yoga instructor.  
The middle of the day is typically not a busy time for yoga classes. You may be able to find a studio that would welcome a mid day class and perhaps offer a discount if you commit to paying for dedicated slots.
- Utilize yoga instruction DVDs.  
Yoga For Beginners (3 DVD Box Set) (2008), Michael Wohl, director. The set sells for \$19.49 from <http://www.Amazon.com>. This DVD set is very highly rated and even includes a video for “inflexible people” and another one for stress relief. Additionally, there are dozens of other yoga instruction DVDs available for all levels. Our staff like Rodney Yee’s Yoga for Beginners which sells for \$9.99 also on <http://www.Amazon.com>.
- Utilize wii Fit Plus with Balance Board.  
Using the balance board with the wii provides personal feedback to an individual regarding their poses. One drawback is that although a small class can follow the wii yoga class, only one individual at a time can use the balance board and receives direct feedback. This option does involve an investment in a wii system (about \$180) and the wii Fit Plus with Balance Board (about \$93)
- Local community centers, libraries, senior centers, churches, etc. sometimes offer free or low cost yoga or tai chi classes.
- Hire program staff who already have this expertise. When advertising for program staff, mention it in your ad as “preference given to individuals who have experience in....”



Equipment:

Individuals will need mats, straps, and blocks. For the most economical option, mats can be bought in rolls and cut. <http://www.yogadirect.com/>

**Internet resources for Yoga:**

Yoga, poses, classes, blogs, meditation: <http://www.yogajournal.com/>

Yoga poses and articles: <http://www.yogasite.com/postures.html>

Yoga poses: <http://www.santosha.com/asanas/>

# **Weight Watchers**

*"I like eating the right food all the time.*

*I feel better, my hips do not hurt anymore."*

*"The Fit Club is helping Wendy learn to make better choices about what to eat and how much to eat." (parent)*

*"See how much weight I am losing? My jeans are getting big!"*

## **The Fit Club:**

6 individuals from our Fit Club attend a community Weight Watchers meeting each week. They are accompanied by one program staff.

We work closely with our local Weight Watchers Territory Manager. The Territory Manager knows the group leaders, the meeting environments and the character of the various groups. She has been extremely valuable in helping us to find accessible locations, as well as leaders and groups that are a good fit for our needs.

At the meeting, individuals are weighed and their individual weight chart is updated weekly. Participants can track their progress and show their chart to interested family members and residential staff if they wish to do so. The participants stay after the Weight Watchers meeting and review materials and have any additional questions answered.

When they return to the program, participants meet with program staff to review their progress and their plans for the upcoming week.

Weight loss has been noticeable in several participants. This is very motivating to them and to others. The participants support each other and continue to apply what they have learned. It has become a status symbol to carry a Weight Watchers water bottle.

At the request of participants, food for cooking class and parties has been changed to “healthy choices” and there are more healthy choices in the vending machines.

Some participants have requested their own personalized “weight card”. They can request to be weighed at any time (not just at the Weight Watchers meeting) and track it on their card.

One of our most successful features has been buy in from the staff. We have staff members who have greatly benefitted from attending the Weight Watchers meetings and learning about the program. Weight Watchers has allowed the accompanying staff to weigh in and be part of the experience at no additional cost. The enthusiasm of the staff really keeps the momentum of the program going. We have one employee who has already lost 40 pounds!

### **Suggestions for Replication:**

The official Weight Watchers program:

It is very important to check out leaders and community meetings to find a good match for your group. Weight Watchers is organized by territories and your local Territory Manager, who has likely attended all of the meeting groups in their territory, can be helpful in choosing a compatible group in your area. There is also an online feature of the Weight Watchers website that assists you in finding meetings by location, day and time.

<http://www.weightwatchers.com/util/mtf/index.aspx>

Weight Watchers prices appear to be non-negotiable but they do vary by region. There is an initial membership fee and then a cost per meeting. Periodically Weight Watchers offers free sign up periods when the initial fee is waived. You can look at <http://www.weightwatchers.com> for specials and details. Weight Watchers has allowed us to pay for six slots for 12 weeks and to do this by invoice rather than bringing money weekly.

Weight Watchers offers an online program as well as a variety of online tools. This option would work well for individuals who have limited transportation availability or if your program wants to sign up as a group to take advantage of the resources. For Weight Watchers Online, the signup fee is \$29.95 and the monthly rate is \$18.95. The signup fee is waived if you sign up for three months. Explore the site to check out the other resources and options that may work for your group. <http://www.weightwatchers.com>.

Other options:

- It is likely that you have staff who have used Weight Watchers themselves and can lead a weight loss group. There are many online free resources that give Weight Watchers-type plan information, point values, etc. Dottie's Weight Loss Zone is an excellent resource for this type of plan. <http://dwlz.com>
- TOPS Club, Inc. (Take Off pounds Sensibly) is a nonprofit, weight-loss support and wellness education organization. TOPS has an online program and they also hold local meetings. TOPS promotes successful, affordable weight management with a philosophy that combines healthy eating, regular exercise, wellness information, awards and recognition, support from others at weekly chapter meetings. TOPS' annual membership fee is \$26 in the US plus nominal chapter fees (on average, \$5 per month) collected for local chapter expenses. <http://www.TOPS.org>
- Meetup is the world's largest network of local groups. Meetup is an online resource that allows anyone to organize a local group or find one of the thousands already meeting up face-to-face. More than 2,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities. There are many Meetup weight loss groups listed so check your local area for an existing one or you could organize one yourself and open it to the community. It is an option well worth exploring. <http://www.meetup.com/>

### **Internet resources for Weight Management/Education:**

There are many free online weight loss resources that provide everything from diet information to charting and tracking tools to online support groups.

<http://www.sparkpeople.com/>

<http://www.weightcircles.com/>

<http://www.extrapounds.com/>

<http://www.weightlossbuddy.com/homepage.aspx>

<http://www.TOPS.org>

Exercise and weight: <http://exercise.about.com/>

Healthy weight for life: <http://www.shapeup.org/>

# Meditation

*“Meditation has helped me relieve my stress and put my mind at ease”*

*“I like the Stress Mediation Classes because it helps me cool down. I have a lot of things going on”*

*“Mediation helps me focus on my job”*

*“Mediation and Tai Chi helps me breathe, and helps me be in my own world of quiet”*

## **Fit Club:**

Call it Meditation, Stress Management, Visualization or Relaxation Therapy, this activity has been a beneficial and enjoyable component of the Fit Club. Initially it started as a component of yoga but since has taken on a life of its own. Utilizing their yoga mats and led by staff, participants spend 15 to 30 minutes in a dimly lit, quiet space, focusing on relaxing their muscles and their minds. Staff may talk the participants through a visualization experience, listen to a taped exercise, or simply relax and listen to quiet, gentle music. These few minutes in the middle of a busy day give participants time to let go of some of the stressors of the day and to feel better prepared to face the challenges ahead.

## **Suggestions for Replication:**

- *Relaxation for People with Disabilities*, available on the internet gives excellent background, resources and even scripts for relaxation exercises: [http://www.bridgingproject.org.au/downloads/relaxation\\_and\\_disability.pdf](http://www.bridgingproject.org.au/downloads/relaxation_and_disability.pdf)
- There are many relaxation, guided imagery, and stress management CDs available. Check <http://www.Amazon.com> for lists and reviews.
- This is an activity that would be perfect for the right volunteer.

## **Internet resources for Meditation:**

Free guided meditation, positive affirmations, and meditation music to download. Also subscription to free e-mail tips on meditation:

<http://www.the-guided-meditation-site.com/free-guided-meditation.html>

Clear, basic information about the various kinds of meditation, how to meditate and links to other resources: <http://www.meditationguide.info/index.html>

# Walking Group

*"I like to go for walks at the mall"*

*"I like walking because its good exercise for me"*

*"Walking outside is good because we walk on all of our outings"*

## **Fit Club:**

Each participant uses a pedometer to measure the distance they walk. Walks are accompanied by program staff and vary in pace and location.

Program staff assist participants in tracking the steps they walk. Steps are calculated into miles and are reported to the participant. Groups walk around the grounds of the program building, the mall, parks and other community locations.

Due to interest and requests, we have included individuals who use wheelchairs in the walking group. For these individuals, arm movement is tracked.

## **Suggestions for Replication:**

- It works well to have groups that walk at different speeds. Increasing speed and/or distance provides cardiovascular benefits to the walkers.
- A walking group is very beneficial for many individuals who use mobility devices (walkers, canes, etc.) but these individuals may have difficulty walking on uneven terrain. Therefore, it is prudent to plan walks for such individuals on surfaces that are flat and smooth. Likewise, walks on uneven surfaces such as trails, the beach or grass help to maintain balance and core strength for those individuals who are capable of such activities.
- Individual pedometers have been a huge motivating factor for the individuals in our walking groups. Health insurance companies sometimes give pedometers away as promotional products. For purchase, there are many types of pedometers available, ranging in price from \$12 to \$40. This article describes the various kinds of pedometers and will help you choose the kind that meets your needs:

<http://walking.about.com/cs/measure/bb/bybpedometer.htm>



Consider having a sign out/sign back in sheet for distribution of the pedometers. We “lost” many pedometers before instituting that procedure. It serves as a helpful reminder to participants and staff.

- There are literally dozens of pedometer apps available for smartphones. Check the app store on your smartphone. Various apps allow you to map out and compare routes, count steps, identify calories consumed, track performance and identify miles walked.
- You may want to consider inviting agency staff or staff from local businesses to join your walking group. This is an ideal way to integrate the activity and motivate walkers.
- Check out Meetup, the world's largest network of local groups. Meetup is an online resource that allows anyone to organize a local group or find one already meeting up face-to-face. Look for local walking groups or try organizing one yourself and opening it to the community.  
<http://www.meetup.com/>
- Try a walk in place DVD. Walk in place DVDs are designed to be entertaining and fun. They can be a great alternative or even an addition to a walking routine. These DVDs have been used successfully by a Fit Club in another location: *Leslie Sansone - Walk Away the Pounds - High Calorie Burn - 2 Miles* and *Leslie Sansone: 3 Mile Weight Loss Walk*. The DVDs sell for \$5.95 and \$9.99 respectively on <http://www.amazon.com>.

### **Internet resources for Walking:**

Walk with a Doc Program: <http://www.diabetes.org/food-and-fitness/fitness/fitness-management/>

Walking for fitness: <http://walking.about.com/>

Walking program information: <http://www.thewalkingsite.com/>

Mayo Clinic information on walking:

<http://www.mayoclinic.com/health/walking/HQ01612>

# Wii

*"The Wii game... I feel so amazing. I had a good time  
and it made me feel like I am losing weight."*

*"When I play the boxing game it helps me relax and calm down.  
It makes me so good and happy."*

## **The Fit Club:**

The wii has been a very popular addition to the activities offered by the FIT Club. We initially purchased *wii Fit Plus* with the balance board. It contains a multitude of yoga, strength training activities and games. Some of the activities/games are for a single player and some are for multiple players. Later we added *wii Sports Resort* and most recently the *wii Just Dance* has been a big hit with participants.

In many of the activities the program keeps score of the participant's game. Some individuals like this feature and others do not want to know their score but instead just like to participate in the activity. Typically there are 6 to 10 individuals participating in a wii group at a given time with up to 4 playing and the rest watching and cheering them on. Depending on the complexity of the activity, wii activities require one or two program staff to supervise.

## **Suggestions for Replication:**

There is no doubt that the wii requires a significant initial financial investment. In addition to the games and the console, there is also a need for a large television screen. On the plus side, we have found that the wii activities have remained popular and motivating and are still regularly used one year later. Once you have all of the components, adding new games will cost from \$15 to \$50 depending on the game.

To set up a system for four players to use the wii Fit Plus, you should consider purchasing the following items (prices are approximate):

50" Television		\$1000
Wall mount		\$120
Wii Nintendo		\$200
Wii Fit Plus with balance board		\$120
Charging stand for wii Fit		\$40
Rechargeable battery pack for balance board	\$13	
Wii net connect		\$17
Wii nunchuck controller (you will want one for each player)	each	\$17
Wii nunchuck cord free wireless adaptor		\$16
Wii remote controller (you will want one for each player)	each	\$40
Wii charge station (quad)		\$35
4 piece remote cover cases		\$6
4 piece wrist strap for controllers		\$6

To add the wii Sports Resort you will also need:

Wii Sports Resort		\$40
Wii motion plus (you will want one for each remote)	each	\$20

# Dancing

*"I like participating in the Zumba fitness dance workout."*

*"I go to Zumba class to burn off calories and lose weight."*

*"Zumba is a lot of fun. I am losing weight and I am a great dancer."*

*"Oh yeah I like to dance—its good."*

## **The Fit Club:**

Although it was not one of our initial offerings, dance was requested by participants and has become a very popular activity. Initially, we offered only Zumba, utilizing a DVD that started at a beginner level and increased in speed and difficulty. We used *Zumba Fitness Total Body Transformation System DVD Set* which sells for about \$70 on <http://www.amazon.com>. Later, we moved on to a new edition of the DVD with different music and some new steps.

Still later we began using *Just Dance*, a program available for the wii. It sells for about \$35 on <http://www.amazon.com>. This has been extremely popular with program staff as well as participants. *Just Dance* allows up to four individuals to dance to a choice of 30 different tunes. Players gain points by imitating the movements of their screen character. Players who use wheelchairs can participate through upper body movement. *Just Dance 2*, *Just Dance 3* and *Just Dance Summer Party*, all with different dances and music are available for approximately the same price. These programs are used daily; it has been well worth the investment to have songs and dances from all four programs available.

## **Suggestions for Replication:**

- A wide variety of dance DVDs are available at a modest price. Of course, they do require a television and a DVD player. It is helpful to have a variety of DVDs available to keep individuals engaged. In addition to DVDs, there are several dance programs available for the wii as well. Wii has a four player *Zumba Fitness* game for approximately \$65.

- Ultimately a boom box and CDs or even a radio can provide music for dancing. Don't underestimate the power of music to inspire and motivate.
- Many community recreation centers and adult education classes offer a variety of dancing activities from fitness dancing to actually learning how to perform the rumba, waltz, salsa, swing, etc. Typically these classes are held in the evenings. Dance studios may be available at a discounted rate for daytime classes.

**Internet resources for Dance:**

Benefits and types of dancing: <http://www.lifemojo.com/lifestyle/dancing-as-exercise-8404432>

Dance videos and DVDs- good descriptions: <http://www.centralhome.com/>

# Indoor Sports

*"I think the basketball thing was a good idea because for people like me who are in wheelchairs...we need to work on making our arms stronger."*

## **The Fit Club:**

Our contact from our mentor program suggested some indoor activities that have been very engaging for Fit Club participants. We have not used these as regularly scheduled activities but rather activities to throw into the mix to liven up the day.

- Basketball- We purchased an indoor self return basketball game. This has been particularly popular for individuals as they wait for their ride or have a bit of time to relax at the end of their lunch or break.
- Volleyball- With the purchase of a net and a medicine ball, we were ready to go with a volleyball game. Following the advice of our mentors, we set up chairs in rows and play the game seated. Nearly everyone can participate and it is an occasion where we can have one team competing against another.

## **Suggestions for Replication:**

Purchase Equipment:

- The Spalding 4020 Dual Electronic Basketball Game is rated well for durability and works effectively for one or two players. It retails for about \$179.
- The QuickStart Mini Net System sets up easily and store compactly. It retails for \$111.
- An 8 pound Medicine Ball sells for approximately \$25.
- All of these products are available from <http://amazon.com>

Community option:

Community parks and recreation centers typically have a variety of basketball courts available. If the height does not work for your group, utilizing a hoop with an adjustable stand would be another option.

**Internet resources for Indoor Sports:**

The great game list: [http://www.funattic.com/game\\_list.htm](http://www.funattic.com/game_list.htm)

# **Health Awareness Classes**

*"I like to go to the classes and learn about eating healthy because I have Diabetes."*

*"It's important to learn about this stuff"*

*"The Fit Club is helping me have a better idea of how to eat right and help me work on losing weight so I can live long."*

*"I like the health class with Katherine mostly. She teaches things we need to know"*

## **The Fit Club:**

Originally, our program used the curriculum developed by the Rehabilitation Research and Training Center (RRTC) on Aging with Developmental Disabilities: Lifespan Health and Function, University of Illinois, Chicago. It was developed by Beth Marks, Tamar Heller, & Jasmina Sisirak (2006). The title of the curriculum is *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities*.

The 12 week curriculum helps individuals learn to understand attitudes toward health, food, and exercise; gain skills and knowledge about healthy eating and exercising; identify food and exercise preferences; participate in food preparation and exercise activities; and locate places in the community where they can exercise regularly.

After two years of using and even enhancing the *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities* curriculum, we felt it was time to expand our offerings. We polled participants for their areas of interest and came up with four topic areas: Food and Nutrition, Human Anatomy and Sexuality, Mental Health, and Men and Women's Health. We put together a 12 week outline and curriculum for each of the four areas and assigned one instructor the responsibility of teaching the classes. This set up has worked well.



It has provided continuity but also flexibility when curriculum needs to be adjusted, expanded or modified.

Our program holds Health Awareness classes for one hour, 3 days per week. Each participant has their own notebook to keep track of curriculum and handouts. At the end of the rotation, they keep their notebook.

**Suggestions for Replication:**

*Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities*

At the price of \$25 for the CD Rom version, there really is no competition for the quality and quantity of materials provided by RRTC. From the CD you can make up notebooks for participants, staff manuals, and send home newsletters and educational materials. They do also offer a softcover edition available for anyone who does not want to contend with an electronic version.

To read more about the curriculum, to see sample modules or to order, go here:

[http://www.rrtcadd.org/Research/HP/Related\\_Project/Staff\\_Education/Curriculum/HEC.html](http://www.rrtcadd.org/Research/HP/Related_Project/Staff_Education/Curriculum/HEC.html)

Cost of Curriculum:

Softcover spiral bound edition - \$75.00 (Item No 520.011)

CD Rom version - \$25.00 (Item No 520.010)

If you would like more information about the curriculum or the train-the-trainer workshops, please contact:

Beth Marks, RN, Ph.D. 312-413-4097 [bmarks1@uic.edu](mailto:bmarks1@uic.edu)

Jasmina Sisirak, MPH 312-996-3982 [jsisir1@uic.edu](mailto:jsisir1@uic.edu)

## **Internet resources for Health Awareness Education:**

Testicular cancer: <http://www.testicularcancer.org/index.html>

Breast cancer: <http://ww5.komen.org/Default.aspx>

Heart education:

[http://www.heart.org/HEARTORG/Educator/Educator\\_UCM\\_001113\\_SubHomePage.jsp#](http://www.heart.org/HEARTORG/Educator/Educator_UCM_001113_SubHomePage.jsp#)

American Lung Association: <http://www.lungusa.org/>

Health & Wellness Education: [http://www.humana.com/resources/healthy\\_living/](http://www.humana.com/resources/healthy_living/)

Health Guides, Quizzes, Advise: <http://www.specialolympics.org/>

National Heart, Lung and Blood Institute:

<http://www.nhlbi.nih.gov/health/index.htm>

Healthy lifestyle: <http://www.lifehack.org/>

Healthy living & activity tracker: <http://www.smallstep.gov/>

President's Council on Fitness, Sports and Nutrition: <http://www.fitness.gov/>

Wellness Council of America. Reports, interviews, power point presentations:

<http://www.welcoa.org/freeresources/>

Sexuality and Developmental Disability: *Sexuality Across the Lifespan for Children and Adolescents with Developmental Disabilities*- This publication is available free of charge through the Florida Developmental Disabilities Council:

<http://www.fddc.org/publications>

# **Nutritional Education and Counseling**

*"My doctor said I need to see a nutritionist because I have pre-diabetes."*

*"The Fit Club helps me eat the right foods."*

*"I learned that fiber is healthy and that you should drink a lot of water"*

## **The Fit Club:**

We have been working with a pediatric nutritionist who modifies her materials to work for adults who have intellectual challenges. The nutritionist presents a workshop twice a month for interested participants. She uses a variety of visual materials and handouts. She also brings in bite sized samples of unfamiliar fruits, trail mix, and holiday desserts. After her presentation, the nutritionist is available to meet with participants individually to discuss personal goals or questions.

## **Suggestions for Replication:**

We had difficulty in finding a nutritionist who was interested in this population and/or schedule. You might consider checking with your county health department as they sometimes have nutritionists on staff. Likewise, the Diabetes Association sometimes employs nutritionists and may offer low or no cost nutritional counseling to. By utilizing various "experts" you could present a series of classes and workshops on nutrition related topics.

Another option is to utilize your own program staff, having them research topics of interest to the participants and creating classes on those topics. Additionally, the Health Awareness curriculum from RRTC contains materials on the topic of nutrition and healthy eating.

Our mentor suggested enlisting the help of local college students who are working on a nursing or nutrition degree, having them come in and teach classes for intern hours.

**Internet resources for Nutritional Education:**

Free nutrition posters: <http://www.infinetwellnesssolutions.com/esposters.html>

Nutrition information: <http://www.learningzonexpress.com/>

Nutrition games: <http://www.nourishinteractive.com/>

Food pyramid: <http://www.mypyramid.gov/>

Healthy eating: <http://www.healthyfridge.org/>

Health education materials: <http://www.healthedco.com/storefrontB2CWEB/>

# Cooking

*"I like cooking. We learn to read the recipe and follow directions."*

*"Meal prep is fun"*

## **The Fit Club:**

Cooking classes have been a component of our Adult Day Training program for many years. Traditionally, many of the products produced were desserts or high fat foods, items that would be appealing treats to the chefs. However, once we started providing education to individuals on healthy eating and they became aware of the choices they needed to make in order to lose weight, they became interested in trying new foods and making healthier choices.

The cooking classes are held weekly and are delivered in a four week plan.

Week 1- Participants research recipes

Week 2- The menu is selected and the shopping list is prepared

Week 3- Shopping for supplies

Week 4- The food is prepared and eaten

Upcoming, we have scheduled food vendors from our local green market to come in and do cooking demonstrations.

## **Suggestions for Replication:**

Cooking classes need not be difficult or expensive to conduct. Starting with simple recipes and individual portions allows all class members to be engaged. It also presents the possibility that participants could replicate the experience at home. Trying new dishes that incorporate fruits, vegetables, grains or other items that may not currently be part of their diet can be fun and adventurous when explored as part of a cooking class.

*Cook This, Not That Kitchen Survival Guide* contains hundreds of recipes for some of our best loved foods. It shows the remarkable difference that switching

a few ingredients can make. It has great photos too. It is available now for \$10.85 through Amazon. <http://www.amazon.com>.

When you are hiring/replacing staff, keep in mind that hiring a qualified individual who also has some cooking/culinary background could be a great asset!

**Internet resources for Cooking:**

Recipes, planning meals, food advisor: <http://www.diabetes.org/food-and-fitness/food/>

Inexpensive, healthy recipes: <http://www.eatingwell.com/>

Diabetic recipes: <http://www.easy-diabetic-recipes.com/>

Sugar free, low calorie recipes: <http://diabetic-recipes.org/>

Recipes: <http://www.free-gourmet-recipes.com/>

Recipes with nutrition information: <http://allrecipes.com/>

# **Guest Lectures**

## **The Fit Club:**

Bringing in guest lecturers from the community has been a popular component of our program. We have addressed topics covering a wide array of interests. The guest lectures are open to all agency employees and depending on the topic, we also invite staff from other agencies, family members and other interested parties. Sometimes the lecturer gives information about their organization and the resources they offer and others cover specific topics. Some of the organizations/topics include the following:

American Lung Association of Florida  
Special Olympics  
National Alliance on Mental Illness (NAMI)  
Peer Place  
Stress Management  
Breast and Testicular Cancer  
Fire Extinguisher Use  
Pay it Forward  
American Diabetes Association  
American Red Cross  
HIV/AIDS Prevention  
American Cancer Society  
Heatstroke  
Skin Cancer  
West Palm Beach Fire and Paramedics

## **Suggestions for Replication:**

It is not difficult to find representatives from community organizations who are willing to come in and deliver a 30-45 minute presentation on the resources they offer. Sometimes they can also offer information on health related topics. For

example, the American Lung Association will provide information on the hazards of smoking as well as resources for smoking cessation.

If your organization has an Employee Assistance Program (EAP) they will often provide workshops on specific health/mental health related topics that would be of interest to participants and staff.

Looking in your local newspaper or online for community events, you will find many free health related workshops available out in the community. Whole Foods regularly offers workshops as do many physician groups, hospitals, and libraries.

**Internet resources for Guest Lectures:**

Guest speakers for elementary students (some health related ideas):

[http://www.associatedcontent.com/article/5843304/guest\\_speaker\\_ideas\\_for\\_elementary.html?cat=25](http://www.associatedcontent.com/article/5843304/guest_speaker_ideas_for_elementary.html?cat=25)

Family Health & Literacy:

<http://healthliteracy.worlded.org/docs/family/started.html>



# **Ideas for Special Activities**

## **Annual Health and Wellness Fair**

Annually, our Safety Department organizes a Health and Wellness Fair for staff and program participants. Representatives from local organizations including Florida's Blood Centers, Concentra Medical Center, Susan G. Komen Breast Cancer Institute, AAA, American Red Cross, Weight Watchers, MD Now Urgent Care, The Art of Living Wellness Care, Comfort Keepers Home Health, 24hr Fitness, AFLAC, Costco, Humana, Safeguard, Lincoln Financial, Physician's Wellness Care, Figler Family Chiropractic, and Tropical Financial Credit Union are available to hand out information, answer questions, and offer resources. BMI, blood pressure, & glucose screenings, massages, and flu shots are available at no cost. All attendees are eligible for raffle prizes that are awarded by drawings held throughout the day.

## **Award Ceremonies**

At the completion of each 12 week FIT Club rotation we sponsor a celebration ceremony. Participants are awarded certificates for each activity in which they participated. Special recognition is given to top performers in each activity. This is a festive event with healthy snacks and lots of cheering and encouragement.

## **Send Home Materials**

Sending home materials helps to generate enthusiasm for the Fit Club, educate providers and family members, and help to promote activity outside of program hours. Monthly we send home a colorful newsletter that highlights Fit Club accomplishments, tells of upcoming classes and community events and provides healthy recipes. We regularly send home notices of free screenings available in the community, free and low cost active community events and classes, healthy living tips, and healthy recipes.

## **Open House**

An evening of fitness/wellness activities, promoted as an “Open House” has been a great hit among participants, Support Coordinators, residential programs, and family members. This 2 hour event (5:30-7:30 PM) is open to everyone. We serve healthy snacks and have yoga, wii, volleyball, and basketball activities available to attendees. The personal instructor is available to give tours of the gym and to answer questions. For individuals or family members who may be interested in attending our program, this is a non-threatening way to check it out.

## **Super Bowl Party**

No one can resist a Super Bowl Party! Complete with nerf footballs and games. This is a great opportunity to demonstrate that healthy snacks can taste great. Make sure that food is available in actual one serving sizes or that a scoop or cup that indicates a serving size is available.

## **Internet resources for Special Activities:**

Special Olympics: <http://www.specialolympics.org/>

Printable awards and certificates: <http://www.123certificates.com/>

Activities: <http://www.tvturnoff.org/>

# Measuring Success

We utilize several methods to measure our success. It is important to measure individual success as well as the success of the program as a whole. Our measures include:

- At the beginning and the end of each year, we administer a Health Awareness Survey and a Self Esteem Survey to each Fit Club participant. The scores are compared to look for improvement. **See *Health Awareness Survey, Exhibit 8 and Self Esteem Survey, Exhibit 9***
- Individually, we calculate and compare blood pressure, weight, and body mass index at the beginning and end of each 12 week rotation.
- One Fit Club has chosen to administer a brief Satisfaction Survey to participants at the beginning and end of each rotation. This provides immediate feedback and allows for adjustments prior to the start of the next rotation. **See *Fitness Club Feedback Survey, Exhibit 6***
- A Quality Assurance Survey is conducted yearly, rating satisfaction of stakeholders: participants, family members, Service Coordinators.

# **Advisory Committees**

The Fit Club regularly solicits feedback from interested stakeholders. The ADT program participants hold a monthly Millennium Council meeting where they review their services, environment, staff, etc and make suggestions for change. It is through Millennium Council suggestions that many changes in the Fit Club and program environment have taken place. For example, the Council suggested that more healthy snacks should be available in the vending machines. They have also recommended locations for the Walking Group to walk, new DVDs for dancing, and purchasing shirts and hats that say “Fit Club”. At their request, Council members wear a lanyard with their title on it so everyone knows who to go to with their suggestions.

We also hold a quarterly Fit Club Advisory Committee meeting. The committee is comprised of interested parents, Service Coordinators, participants, therapists, and staff. Ideas are exchanged and suggestions for changes and improvements are discussed.

# Challenges

Although we feel that the Fit Club has been very successful and rewarding, we have been presented with some challenges. Some of those challenges and our solutions are outlined below:

## **Challenge:**

Doctors' authorizations not returned

## **Solution:**

- Authorizations are now included with the initial program application packet.
- Form for physician to fill out was simplified- quick and easy.
- Staff work with the participant to write a letter asking family/residential staff to help them get the authorization so they can work on becoming healthier.
- Authorization is no longer time limited. With the authorization, the physician is asked to contact the program if there is a change in the health of the participant. Also, if program staff have concerns or note changes in health or abilities of a participant, they ask residential staff/family to check with the physician.
- Staff take participant to doctor's appointment when necessary.

## **Challenge:**

Obtaining support from families and residential staff

## **Solution:**

- A newsletter with Fit Club articles, updates, photographs, & recipes is distributed monthly.
- Healthy living tips and healthy recipes are sent home weekly.
- Periodic Open Houses are held with activities, demonstrations, healthy snacks, and speakers throughout the evening. Families, group homes, *everyone* invited.
- Families and residential staff are invited to hear guest speakers, nutritionist.
- Consults with the nutritionist are offered to families and residential staff.
- A schedule of free active community events is sent home weekly.

- Wellness is discussed at every service plan meeting as an important component of the individual's well-being.

**Challenge:**

Overcoming years of a sedentary lifestyle and unhealthy eating habits

**Solution:**

- Educate and empower individuals to make decisions regarding their food and activity level.
- Offer a variety of activities with the goal of having several that appeal to each individual.
- Create short term feedback & rewards for positive changes.
- Provide healthy choices in vending machines, parties, bake sales, etc.
- Plan active outings in integrated community settings.
- Provide cooking classes that utilize healthy products and preparation of great tasting meals.

**Challenge:**

Increased workload for Transition Technicians

**Solution:**

New position created: Lead Technician

Responsibilities of Lead Technician

- Develop yearly schedule of rotations. Determine each individual's schedule based on their physician's authorization, interests and requests.
- Track authorizations and work with case managers to follow up with families, residential staff, and physicians to obtain & maintain necessary paperwork.
- Track attendance, BMI, weight, BP, surveys. Calculate outcomes.
- Prepare materials for classes & activities
- Provide direct contact time for additional activities
- Fill in when necessary to maintain continuity of activities

**Challenge:**

Obtaining buy in from some program staff

**Solution:**

- Create a calendar of events and classes
- Match responsibilities with interests
- When hiring new staff, interview for wellness activity/fitness interest

**Challenge:**

Compiling and maintaining an active Advisory Committee

**Solution:**

- Identify more members than you will need right up front. They will not all remain interested and/or available
- Solicit members on an ongoing basis
- Set up a schedule for the year- one meeting per rotation

**MEMORANDUM OF AGREEMENT**

**MENTORING PLAN**

**This Memorandum of Agreement (MOA) is entered into between, Agency X, Address and Agency Y, Address**

The parties to this MOA shall coordinate and perform the activities and services described herein for the benefit of Program Participants in Agency X's new Health and Wellness program and for the purpose of identifying best practices in both programs in order to grow the project for both agencies.

**I. Term**

The term of this MOA shall commence on the signature date of this document and will be reviewed for renewal in one year.

**II. Purpose**

The establishment of this working relationship is designed to accomplish the following:

1. Agency Y will provide mentoring to Agency X in order to replicate and customize The Healthy Focus program in Agency X.
2. Both agencies will work closely together to identify innovations and best practices that can be used to enhance offerings in both locations.

**III. Communication**

Both parties agree to fully cooperate and communicate in their mutual efforts to implement the provisions of this MOA in order to facilitate a smooth delivery of services and success for their participants.

**IV. Scope of Services**

In order to accomplish the purpose as stated above, the following Scope of Services will apply:

1. Both parties agree to meet by teleconference one time per week for the first 90 days of program implementation. It is understood by both parties that if more frequent contact is requested by either party it will be accommodated.
2. Beginning at 90 days and continuing to 180 days the parties will meet by teleconference on a bi-weekly basis.



3. Beginning at 180 days and continuing through to the end of one year the parties will meet by teleconference one time per month.
4. Both parties will endeavor to visit the others facility at least one time during the course of this agreement, dependent upon the ability of each party to obtain funding for travel.

**V. Signatures**

The parties hereby agree by signature to commit to provide the support and resources stated above.

**Approved By:**

**Agency X.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

**Approved By:**

**Agency Y**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

# Choice Form

# EXHIBIT 2

Participant Name \_\_\_\_\_

Date \_\_\_\_\_

- I do want to participate in the Fit Club
- I do not want to participate in the Fit Club

If you choose yes and want to participate, please indicate the activities that are of interest to you. Please number the activities according to your interest. Start with #1 as the one in which you are most interested up to #5 as the one in which you have the least interest.

- |   |  |
|---|--|
| <input type="checkbox"/> Personal Trainer                   | <input type="checkbox"/> Cooking Class               |
| <input type="checkbox"/> Weight Watchers                    | <input type="checkbox"/> Guest Lectures              |
| <input type="checkbox"/> Yoga                               | <input type="checkbox"/> Wii Fitness                 |
| <input type="checkbox"/> Health and Wellness Classes        | <input type="checkbox"/> Zumba                       |
| <input type="checkbox"/> Tai Chi                            | <input type="checkbox"/> Dance                       |
| <input type="checkbox"/> Walking Group                      | <input type="checkbox"/> Nutrition Education Classes |
| <input type="checkbox"/> Cycling Group (Stationary bicycle) |  |

**EXHIBIT 3**

**Re: Patient's Name:** \_\_\_\_\_

Dear Physician:

Your patient has expressed interest in Gulfstream Goodwill's Health and Fitness Program. Goodwill is able to offer this program at no cost to participants in our program through a grant we received. All that is required for your patient to participate in our Fitness Program is your assistance with this form.

Please complete each section of this form. If there is something you are unable to complete, please indicate the reason. This form will only be filled out 1 time. **If the health of the participant changes, or if their clearance to participate changes at any time, please contact Goodwill immediately.**

**Section I**

Patients Current Weight: \_\_\_\_\_

Patients Current Blood Pressure \_\_\_\_\_

Patients Body Mass Index \_\_\_\_\_

**Section II**

Based on the information that you have on your patient, please indicate those activities in which the individual may participate and any restrictions they may have on those activities:

**Personal Trainer:** Certified Personal Trainer will perform an initial evaluation to ensure that your recommendations are followed appropriately and then provide training on exercise equipment. The fitness area will be supervised by staff who have been trained to use this equipment safely and will ensure the equipment is used properly.

Yes    No    With Restrictions (specify) \_\_\_\_\_

\_\_\_\_\_

**Yoga:**  Yes    No    With Restrictions (specify) \_\_\_\_\_

\_\_\_\_\_

**Wii Fitness:**  Yes    No    With Restrictions (specify) \_\_\_\_\_

\_\_\_\_\_

**Zumba:**  Yes    No    With Restrictions (specify) \_\_\_\_\_

\_\_\_\_\_

**Tai Chi:**  Yes  No  With Restrictions (specify) \_\_\_\_\_

**Dance:**  Yes  No  With Restrictions (specify) \_\_\_\_\_

**Walking Group:**  Yes  No  With Restrictions (specify) \_\_\_\_\_

**Cycling Group (Stationary bicycle):**  Yes  No  With Restrictions (specify) \_\_\_\_\_

Based on review of  Par- Q  Chart  Discussion with Patient  Exam

Comments or additional information:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

**PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)**

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please read the following questions carefully and check **YES** or **NO** if it applies to you. If a question is answered with a **YES**, please use the available space to explain your answer and give additional details.

- 1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?  Yes  No
  
- 2. Do you feel pain in your chest when you do physical activity?  Yes  No
  
- 3. In the past month, have you had chest pain when you were not doing physical activity?  Yes  No
  
- 4. Do you lose your balance because of dizziness or do you ever lose consciousness?  Yes  No
  
- 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?  Yes  No
  
- 6. is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?  Yes  No
  
- 7. Do you know of any other reason why you should not do physical activity?  Yes  No
  
- 8. Do you currently participate in any regular activity program designed to improve or maintain your physical fitness?  Yes  No  
If yes, what activity program do you participate in?  
\_\_\_\_\_

## MEDICAL HISTORY

### Cardiovascular Disease Risk Factor

Has a doctor or health professional ever told you that you have any of the following conditions?

- Heart Disease       Family History of Heart Disease       High Blood Pressure
- Obesity       lack of physical activity       Diabetes       Impaired fasting glucose
- High HDL (negative risk factor)

### Medication Use

Are you currently taking any of the following medications?

- Blood Pressure Medication       Cholesterol Medication
- Blood Sugar Medication       Heart Medication
- Other: \_\_\_\_\_

Do you have any of the following?

- Back Pain       Joint, tendon, or muscular pain
- Lung Disease (asthma, emphysema, etc.)

Which best describes your current smoking status?

- I have NEVER smoked or quit more than 6 months ago.
- I CURRENTLY smoke or quit within the last 6 months.

### Overall State of Health

How would you rate your overall state of health?

- Poor       Fair       Good       Excellent

**EXHIBIT 5**

Dear (Home Provider/Family Member),

I am very excited about Program X's new Health and Fitness Program, The XYZ Club! I am coming home with a packet because I want to take part in the XYZ Club. I would like to (use the exercise equipment, participate in Yoga classes, etc.) Included in the packet is a form for my doctor to complete. Please take me to the doctor so I can get begin improving my health and wellness.

Once Program X receives forms I can begin (working with a certified Personal Trainer, attending Yoga, etc).

If you have any questions about this process, feel free to call (Staff Member name & telephone # or Staff Member e-mail address).

Thank you,

Please return this form with the date and time of the set doctor's appointment listed below:

Date \_\_\_\_\_

Time \_\_\_\_\_

Doctor name \_\_\_\_\_


Doctor phone \_\_\_\_\_

**EXHIBIT 6**

**Fitness Club Feedback Survey**

Rotation from \_\_\_\_\_ to \_\_\_\_\_

Name: \_\_\_\_\_

				
<b>Rating</b>	<b>Great!</b>	<b>Just OK</b>	<b>Not Good!</b>	<b>Comment</b>
I had my choice of things to do				
I learned a lot				
I was treated with respect				
I feel healthier				

Activities I participated in were....

What I liked best about the program was....

What I didn't like about the program was.....

Changes I would like to see in the Fit Club are....

Changes I am going to make in my life are.....



## My Workout Progress Sheet

**Name:**

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Bike	_____ minutes	
Health Rider	_____ reps _____ times	
Squats	_____ reps _____ times	
Ab Pushes	_____ reps _____ times	
DB shoulder press	_____ reps _____ times	_____ lbs
DB side raises	_____ reps _____ times	_____ lbs
Preacher curls	_____ reps _____ times	_____ lbs
Resist Band Rows	_____ reps _____ times	_____ color
Resist Band Curls	_____ reps _____ times	_____ color
Medicine Ball press	_____ reps _____ times	_____ lbs
MB Throws	_____ reps _____ times	_____ lbs
MB Pushes	_____ reps _____ times	_____ lbs
Burpee	_____ reps _____ times	_____ secs

Bike	_____ minutes	
Health Rider	_____ minutes	
Squats	_____ reps _____ times	
Ab Pushes	_____ reps _____ times	
DB shoulder press	_____ reps _____ times	_____ lbs
DB side raises	_____ reps _____ times	_____ lbs
Preacher curls	_____ reps _____ times	_____ lbs
Resist Band Rows	_____ reps _____ times	_____ color
Resist Band Curls	_____ reps _____ times	_____ color
Medicine Ball press	_____ reps _____ times	_____ lbs
MB Throws	_____ reps _____ times	_____ lbs
MB Pushes	_____ reps _____ times	_____ lbs
Burpee	_____ reps _____ times	_____ secs

**Date:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Bike	_____ minutes	
Health Rider	_____ reps _____ times	
Squats	_____ reps _____ times	
Ab Pushes	_____ reps _____ times	
DB shoulder press	_____ reps _____ times	_____ lbs
DB side raises	_____ reps _____ times	_____ lbs
Preacher curls	_____ reps _____ times	_____ lbs
Resist Band Rows	_____ reps _____ times	_____ color
Resist Band Curls	_____ reps _____ times	_____ color
Medicine Ball press	_____ reps _____ times	_____ lbs
MB Throws	_____ reps _____ times	_____ lbs
MB Pushes	_____ reps _____ times	_____ lbs
Burpee	_____ reps _____ times	_____ secs

Bike	_____ minutes	
Health Rider	_____ minutes	
Squats	_____ reps _____ times	
Ab Pushes	_____ reps _____ times	
DB shoulder press	_____ reps _____ times	_____ lbs
DB side raises	_____ reps _____ times	_____ lbs
Preacher curls	_____ reps _____ times	_____ lbs
Resist Band Rows	_____ reps _____ times	_____ color
Resist Band Curls	_____ reps _____ times	_____ color
Medicine Ball press	_____ reps _____ times	_____ lbs
MB Throws	_____ reps _____ times	_____ lbs
MB Pushes	_____ reps _____ times	_____ lbs
Burpee	_____ reps _____ times	_____ secs

**Health Awareness Survey**

Participant Name \_\_\_\_\_

Date \_\_\_\_\_

*Ask the participant the question and write down their answer.*

What are three things you do to be healthy (to keep your body feeling good and not sick)?

Name three healthy foods you eat.

Name three foods that are bad for you.

Do you feel that most of the food you eat is healthy or unhealthy?

Do you get as much exercise as you want?

**Exercise Perception**

*The questions below are to be answered with a Yes or No. Read each question to the participant and circle their answer.*

Do you think exercise would:

- |                              |     |    |
|------------------------------|-----|----|
| 6. Make you lose weight?     | Yes | No |
| 7. Make you feel tired?      | Yes | No |
| 8. Make your body feel good? | Yes | No |
| 9. Make you unhappy?         | Yes | No |
| 10. Make you hurt less?      | Yes | No |
| 11. Make you feel stressed?  | Yes | No |
| 12. Help you get into shape? | Yes | No |
| 13. Make you look worse?     | Yes | No |
| 14. Improve your health?     | Yes | No |

### Self-Efficiency

*Explain the answer scale to the answer scale to the participants. Read the questions and circle their answer.*

- |  |     |       |    |
|--|-----|-------|----|
| 15. Does exercise stretch your muscles?                    | Yes | Maybe | No |
| 16. Does exercise make your muscles stronger?              | Yes | Maybe | No |
| 17. Are you able to exercise until you sweat/breathe hard? | Yes | Maybe | No |
| 18. I would like to use exercise machines/equipment.       | Yes | Maybe | No |
| 19. I would like to use exercise weights.                  | Yes | Maybe | No |

### Exercise Knowledge

*The questions below are to be answered with a Yes or No. Show the pictures that go along with the questions to the participant and circle their answer.*

- |   |     |    |
|---|-----|----|
| 20. Is the person in this picture exercising? | Yes | No |
| 21. Is this a good outfit for exercising?     | Yes | No |
| 22. Is this an appropriate place to exercise? | Yes | No |

### Barriers to Exercise

*Read the question to the participant and circle their answer.*

- |   |     |    |
|---|-----|----|
| 23. Do you think exercise costs too much? | Yes | No |
| 24. Do you have time to exercise?         | Yes | No |
| 25. Are you too lazy to exercise?         | Yes | No |

## Health Awareness Survey - Score Guide

1. 1 point for each correct answer. \* Up to 3 points.
2. 1 point for each correct answer. \* Up to 3 points.
3. 1 point for each correct answer. \* Up to 3 points.
4. 1 point if the answer is Healthy.
5. 1 point if the answer is Yes.
6. 1 point if the answer is Yes
7. 1 point if the answer is No.
8. 1 point if the answer is Yes.
9. 1 point if the answer is No.
10. 1 point if the answer is Yes.
11. 1 point if the answer is No.
12. 1 point if the answer is Yes.
13. 1 point if the answer is No.
14. 1 point if the answer is Yes.
15. 2 points if the answer is Yes.  
1 point if the answer is Maybe.  
0 points if the answer is No.
16. 2 points if the answer is Yes.  
1 point if the answer is Maybe.  
0 points if the answer is No.
17. 2 points if the answer is Yes.  
1 point if the answer is Maybe.  
0 points if the answer is No.
18. 2 points if the answer is Yes.  
1 point if the answer is Maybe.  
0 points if the answer is No.
19. 2 points if the answer is Yes.  
1 point if the answer is Maybe.  
0 points if the answer is No.
20. 1 point if the answer is No.
21. 1 point if the answer is Yes.
22. 1 point if the answer is No.
23. 1 point if the answer is Not too much.
24. 1 point if the answer is Do.
25. 1 point if the answer is Am not.

### Levels

36- 27 points: Very Aware

26-17 points: Aware

16-6 points: Somewhat Aware

5-0 points: Not Aware

**EXHIBIT 9**

**Self Esteem Survey**

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Inform the participant that the questions are to be answered with Yes or No. Read the questions and circle their answers.*

- |  |     |    |
|--|-----|----|
| 1. My life is on the right track.                            | Yes | No |
| 2. I feel I have choices in what happens in my life.         | Yes | No |
| 3. I go along with things so people will like me.            | Yes | No |
| 4. I set goals and stick to them.                            | Yes | No |
| 5. Most people like me and enjoy being around me.            | Yes | No |
| 6. When I think about my life I feel happy.                  | Yes | No |
| 7. I can handle difficult things in my life.                 | Yes | No |
| 8. I have trouble making up my mind.                         | Yes | No |
| 9. I feel good about my appearance.                          | Yes | No |
| 10. I can express myself without hurting someone's feelings. | Yes | No |
| 11. It is hard for me to relax because I worry a lot.        | Yes | No |
| 12. I cannot handle my problems on my own.                   | Yes | No |
| 13. Other people control when I feel happy.                  | Yes | No |
| 14. I'm good at solving problems.                            | Yes | No |
| 15. People listen to me and ask me for advice.               | Yes | No |
| 16. I cannot think of anything good to say about myself.     | Yes | No |
| 17. My family and friends are honest with me.                | Yes | No |
| 18. I don't feel that I am successful.                       | Yes | No |

19. I am able to stand up for myself if someone is picking on me.	Yes	No
20. I try to take good care of my health.	Yes	No
21. It's hard for me to express love.	Yes	No
22. I am usually a lazy person.	Yes	No
23. I feel nervous when I am talking to people.	Yes	No
24. I am happy being me.	Yes	No
25. It's hard for me to meet new people.	Yes	No

### **Self Esteem Survey Scoring Guide**

Each correct answer is worth 1 point.

1. Yes
2. Yes
3. No
4. Yes
5. Yes
6. Yes
7. Yes
8. No
9. Yes
10. Yes
11. No
12. No
13. No
14. Yes
15. Yes
16. No
17. Yes
18. No
19. Yes
20. Yes
21. No
22. No
23. No
24. Yes
25. No