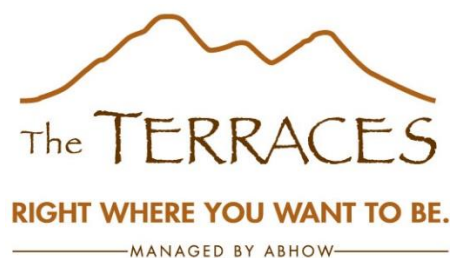


March 2016 Masterpiece Living Network call
Fitness That Walks the Talk: Key Components to Optimize Your Fitness Program
Featuring Best of the Best Award Winner: ABHOW's The Terraces of Phoenix



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This network call was a dialogue between Teresa Beshwate, Director of Operations at Masterpiece Living and Aneil Koerper, Lifestyle Director at The Terraces of Phoenix. Please see recommended resources at the end of this document.

TB: Aneil, when did you start at The Terraces and what was the state of the fitness program at that time?

AK: I started in 2007 and there was one treadmill and one Nustep, along with a Tai Chi with about 12 regular attenders.

TB: And where is the program now in terms of participation?

AK: After almost 9 years, we have 40% of Independent Living residents participating in one or more areas of the fitness program (95 residents out of 235 total residents). In Lodge (Assisted Living) we have 43% of residents participating (17 residents out of 39 total). In Grove (Memory Support) we have 76% participating (16 residents out of 21 total). Finally in the Village (Health Center) we have 30% participating (6 residents out of 20 long term residents total).

TB: What are the key components of a comprehensive fitness program in the year 2016?

AK: A Fitness Programs main focus in all levels of living is Functional Fitness and Fall Prevention. The core fitness components to focus on are: Power, Strength, Balance and Agility

TB: Define power for me. Why is it important?

AK: Power is the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. Power is the key to Fall prevention, its literally the first step

TB: If an organization has nothing (or very little) at this point in time, what would be the ideal building blocks to budget for?

AK:

1. Hiring a full time Fitness director
2. Designating a room with a hard floor to teach group exercise on as well as another room to be a gym

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3. Getting sturdy chairs for your group exercise room preferably without arms
4. Acquiring resistance bands or tubing
5. Performing the MPL reviews in order to start to collect data
6. Offering different levels of fitness classes based on the MPL review
7. Tracking your participation in group exercise and gym use
8. Tracking fall occurrences at your community
9. Having open communication with PT, Nurses, caregivers
10. Sending medical clearance forms to participants doctors, this opens the communication with the doctors

TB: What equipment is most useful and most used, in your opinion?

AK: Group exercise in all levels of living- Body weight; Gym- personal training- Stair climber. In the Gym residents use Nustep and Zaaz Whole Body vibration machine for leg circulation

TB: Participants of your fitness program do not fall. You know this because you measure. How best to measure the success of a fitness program?

AK: Measure participation in all your fitness offerings; Annual Masterpiece Living Mobility Review; Quarterly Modified Senior Fitness Test assessments; Fall occurrence reports

TB: Your fitness program is budget neutral/pays for itself AND has 3 FTE's. How do you do that?

AK: Our budget is for 1 FTE, Personal training income pays for 1 FTE- ~\$2000 a month, \$30 a session. Healthways Flex program income pays for 1 FTE

TB: What if a community is already offering free personal training? Is it possible to begin a fee-for-service offering?

AK: Yes. Educate the residents on why we feel we need to charge: money goes to the fitness program for more specialty instructors, equipment, another FTE etc. With more specialty instructors we can focus more on group exercise in order to reach more people.

TB: What is Flex?

AK: Wellness Program included with some insurance companies which will pay for fitness classes for seniors. Like Silver sneakers. Flex instructors are certified and approved by a national accredited company called Healthways. Having a FLEX instructor teach at your community means insurance will pay for that instructor, protecting your budget from that cost.

TB: What are the ideal qualifications of a fitness program director? A fitness instructor?

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AK: B.S. Exercise Science/ Kinesiology

Certifications from www.NSCA.com or www.ACSM.org

- Certification should require a Written and Practical and not an online exam.
- Certification should also require to recertify every two years and require CEUs

Recommended resources:

Healthways FLEX <https://instructor.healthways.com/Home/About>

Power training video (Log into ICAA's website using your Masterpiece Living login and password first)

<http://www.icaa.cc/category.asp?Page=1&categoryID=15&type=3&SearchField=&Keyword=&productTypeSelected=>

Power training book recommended by Aneil: "Bending The Aging Curve" by Dr. Joe Signorile

<http://www.humankinetics.com/products/all-products/bending-the-aging-curve>