



## Master Practices: Physical Health

### Blended Triathlon

*La Loma Village*

Two residents and one team member formed a triathlon team. When the teams sign up, they decide who will complete each leg of the race; they have 1 week to complete the triathlon. A celebration was held at the end of the week to recognize the teams and their commitment to movement.

### Floor-Based Pilates

*Terraces of San Joaquin Gardens*

Pilates is about strengthening the core of the body and core strength one of the most important keys to maintaining balance. We began offering a floor based Pilates class twice each week. The class takes residents through a number of exercises that focus on the core and lower body. Residents are taught how to safely get down to their mat and how to get back up with the help of a chair.

All residents are encouraged to attend even if one may not be able to get down to the floor. All exercises that are taught can also be done in the comfort of their homes by lying on their bed, so they are able to practice at home off non-class days.

### H.I.I.T. (High Intensity Interval Training)

*Terraces of Phoenix*

We have residents who were not feeling challenged by the classes offered at Terraces of Phoenix. To change this, we designed and began instructing an H.I.I.T. class once per week; it then increased to three times per week. The class is a balance between high intensity and low intensity exercise. The results from the class are absolutely amazing and efficient; a 25 minute class the participants burn more fat and kick their body's repair cycle into hyper drive. This means more fat and calories are burnt in the 24 hours after a HIIT workout than you do after, say, a steady-pace run. Residents will build a healthier heart thanks to the anaerobic zone of the workout. The participants may see fat lose, muscle gain, increased metabolism, as part of this challenging class. No equipment is necessary for the class, so it is low cost.

## **Apple Watch Activity Pattern Study**

*Las Ventanas*

Over 90 of our independent living residents participated in a 9-month Activity Pattern Study conducted by Achievement Studies (a product of Evidation Health, also the "study investigator" and "study sponsor"). The primary goal of the research was to understand the activity levels and motion patterns of individuals age 65 years and older. In order for our residents to participate in the study, they had to complete an initial screening during which a research coordinator assessed their eligibility by asking them some question, taking their blood pressure and heart rate, and asses their performance during a 6-minute walk test. After completing and passing the initial screening residents were given both an iPhone and Apple Watch that would be used for the 9-month study. Residents were taught how to use the devices and the workout feature on the Apple Watch to further track their workouts. Residents that completed the entire 9-month study were able to keep both the iPhone and Apple Watch that they used during the study as well as up to \$500 for completing online questionnaires. Since we started the activity pattern study, we have had more residents participating in all of the group exercise programs and have increased attendance in our walking groups. With the residents having the Apple watches was very helpful and made it a lot easier with keeping track of steps for the month of May for Movement Matters. In addition, the study has also been instrumental in helping our residents learn about the technology and how to use the iPhone and Apple Watch. We have also had many family members thank us for offering this program to our community and how helpful it has been in getting their mother or father more active.

## **It Keeps You Running- Marathon**

*Deerfield Retirement Community*

To promote a sense of connection between our community and the greater community of Des Moines, Deerfield residents and team members trained, registered and participated in the IMT Des Moines Marathon. The journey began with one of our Home Office team members that served on the IMT Race Committee; he introduced Deerfield to the Marathon Director (Chris). Chris visited Deerfield on multiple occasions to meet with the residents and help them prepare. He reported to the committee monthly about their progress. On the day of the event, over 50 residents participated along with support from over 20 Deerfield Team Members.