Physical Fitness in the Golden Age Program

presented by:
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Outline

• History of the Golden Age fitness program
• Our approach to serving older adults
• Concept of satellite program sites
Based on the literature…

• The importance of physical activity for older adults is well known
• Most older adults fail to engage in regular exercise
• Limited number of programs available
• Older adult programs face difficulties with:
  – recruitment
  – regular participation (adherence)
  – retention
Challenge

• Create an older adult exercise program that is:
  – sustainable (financially and logistically)
  – manageable (easy to maintain)
  – acknowledged in the community
  – with good retention and participation rates
  – with steady stream of new applicants
  – provides research data
Physical Fitness in the Golden Age

- Program idea developed in Fall 2005
- Started in January 2006 with 30 participants
- Initially funded by PDNHF grant
- Participant recruitment
  - Twice per year (winter and summer)
  - Recruits comprise cohorts (program stage)
  - 25-50 new participants per stage
- Currently about 150 participants enrolled
- Total 640 older adults participated
Program Goal

• To serve community residing older adults with a comprehensive fitness program that aims to improve overall health and functional ability, and maintain independent living and mobility.
Program Components

• Golden Age program focuses on:
  – Cardiovascular fitness
  – Muscular strength and endurance
  – Maintaining muscle mass (fight sarcopenia)
  – Functional movement, power
  – Agility/mobility
  – Balance
  – Coordination
  – Flexibility
  – Fall prevention
Success of the program

- Program offered in a welcoming, non-competitive, friendly environment
- All participants are fellow older adults
- Assistance from trained Kinesiology students ("personal trainer" supervision)
- Accommodating open hours
- Low participation fee ($22.50 per month)
Student Trainers
Student Trainers
Results #1: after 14-weeks

<table>
<thead>
<tr>
<th>Group</th>
<th># of participants at baseline</th>
<th># of participants at 14 weeks</th>
<th>Retention rate</th>
<th>Avg. # of sessions attended (out of 35)</th>
<th>Percent participation&lt;sup&gt;a&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>New clients</td>
<td>60</td>
<td>50</td>
<td>83.3%</td>
<td>27.1 ± 4.6</td>
<td>77.5%</td>
</tr>
</tbody>
</table>

<sup>a</sup>Percent participation calculated for subjects completing the 14-week program

Results #1: after 14-weeks

<table>
<thead>
<tr>
<th>Program perception survey scores</th>
<th>Group</th>
<th>Mean (± SD) Score (out of 7)</th>
<th>Percent Perception</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survey Category</td>
<td>Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Enjoyment</td>
<td>Student group</td>
<td>6.4 ± 0.8</td>
<td>91.7%</td>
</tr>
<tr>
<td>Perceived Program Benefits</td>
<td>Student group</td>
<td>6.4 ± 1.0</td>
<td>90.7%</td>
</tr>
<tr>
<td>Efficacy of Student Trainers</td>
<td>Student group</td>
<td>6.4 ± 0.8</td>
<td>91.0%</td>
</tr>
</tbody>
</table>

## Results #2: after 35-weeks

### Participant retention and participation rates

<table>
<thead>
<tr>
<th>Group</th>
<th># of participants at baseline</th>
<th># of participants at 35 weeks</th>
<th>Retention rate</th>
<th>Avg. # of sessions attended (out of 54)</th>
<th>Percent participation&lt;sup&gt;a&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>New clients</td>
<td>60</td>
<td>38</td>
<td>63.3%</td>
<td>40.2 ± 8.1</td>
<td>74.5%</td>
</tr>
</tbody>
</table>

<sup>a</sup>Percent participation calculated for subjects completing the 35-week program

Results #2: after 35-weeks

Percent Fitness Improvements after 35-weeks

- Lower body strength: 55.3%
- Upper body strength: 53.9%
- Cardiovascular fitness: 14.4%
- Agility: 30.1%
- Balance: 22.8%
Conclusions

• Positives of our program:
  – Effective (functional/fitness improvements)
  – Enjoyable, beneficial (high perception rates)
  – Well attended (high participation rates)
  – Affordable
  – Professionally conducted

• Negatives of our program:
  – Only one location offered (on UTEP campus)
  – Transportation/access issues
Our Vision for the Future

• Satellite sites throughout El Paso
  – Program sites in each city region
• Access to qualified facilities
• Sessions offered at multiple times per day
Our Vision for the Future

Central El Paso site

East El Paso site

UTEP Fitness Lab: Central Hub

North East El Paso site

Central El Paso site
Study References


Questions?