The background of the slide features a large, semi-transparent watermark of the University of Texas at El Paso (UTEP) logo. The logo consists of the letters 'UTEP' in a stylized, bold font, with a grey outline and orange and grey fill. The letters are arranged in a way that they appear to be part of a larger, stylized 'U' shape.

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

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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

First Program Session



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.

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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

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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)

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Student Trainers



Student Trainers



Student Trainers



Results #1: after 14-weeks

Participant retention and participation rates

Group	# of participants at baseline	# of participants at 14 weeks	Retention rate	Avg. # of sessions attended (out of 35)	Percent participation ^a
New clients	60	50	83.3%	27.1 ± 4.6	77.5%

^aPercent participation calculated for subjects completing the 14-week program

Based on Dorgo, S., King, G. A., & Brickey, G. D. (2009). The Application of Peer Mentoring to Improve Fitness in Older Adults. *Journal of Aging and Physical Activity*, 17(3), 344-361.

Results #1: after 14-weeks

Program perception survey scores			
Survey Category	Group	Mean (\pm SD) Score (out of 7)	Percent Perception
Program Enjoyment	Student group	6.4 \pm 0.8	91.7%
Perceived Program Benefits	Student group	6.4 \pm 1.0	90.7%
Efficacy of Student Trainers	Student group	6.4 \pm 0.8	91.0%

Based on Dorgo, S., King, G. A., & Brickey, G. D. (2009). The Application of Peer Mentoring to Improve Fitness in Older Adults. *Journal of Aging and Physical Activity*, 17(3), 344-361.

Results #2: after 35-weeks

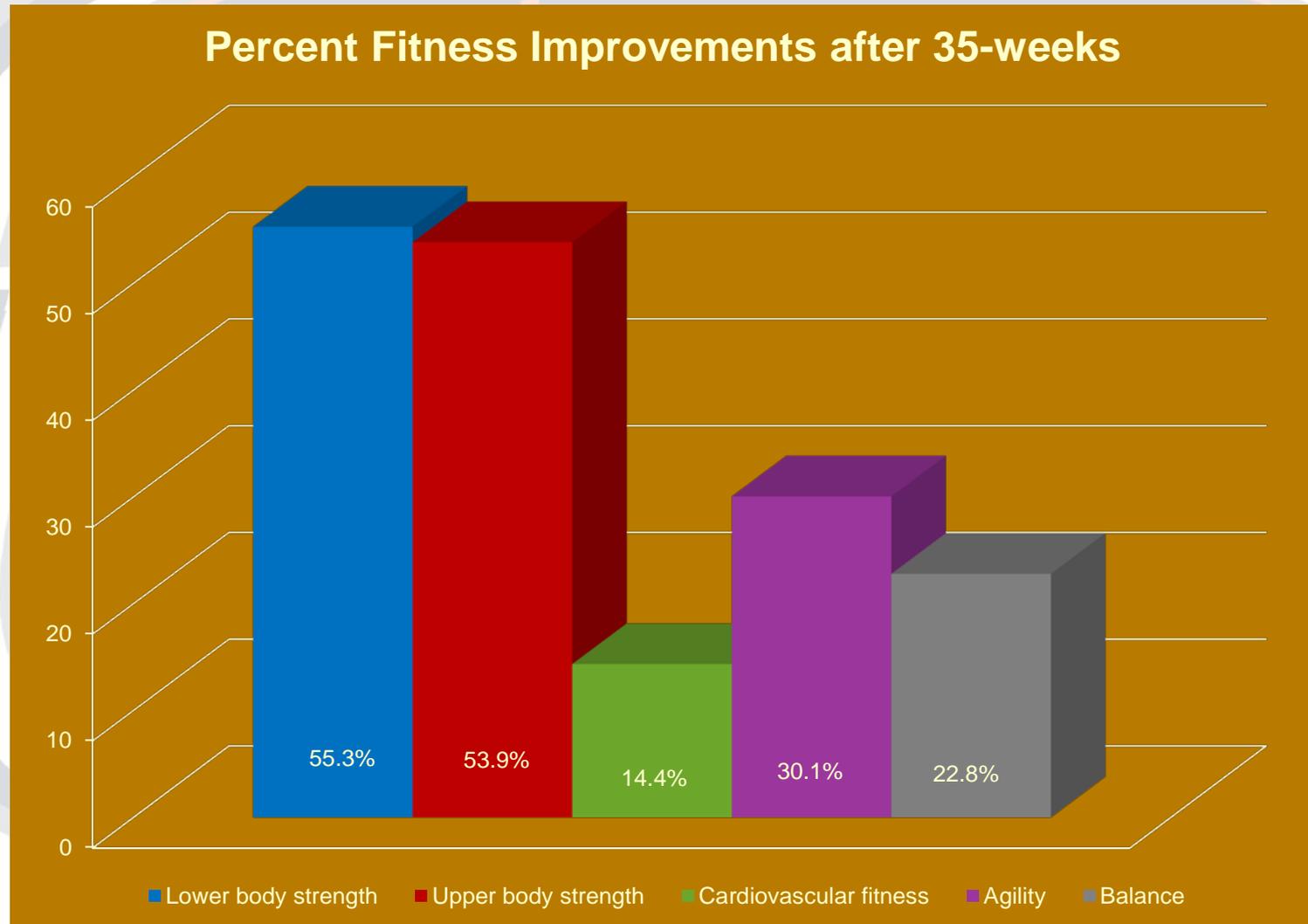
Participant retention and participation rates

Group	# of participants at baseline	# of participants at 35 weeks	Retention rate	Avg. # of sessions attended (out of 54)	Percent participation ^a
New clients	60	38	63.3%	40.2 ± 8.1	74.5%

^aPercent participation calculated for subjects completing the 35-week program

Based on Dorgo, S., King, G. A., Bader, J. O., & Limon, J. S. (2011). Comparing the Effectiveness of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. *Archives of Gerontology and Geriatrics*, 52, 344-349.

Results #2: after 35-weeks



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

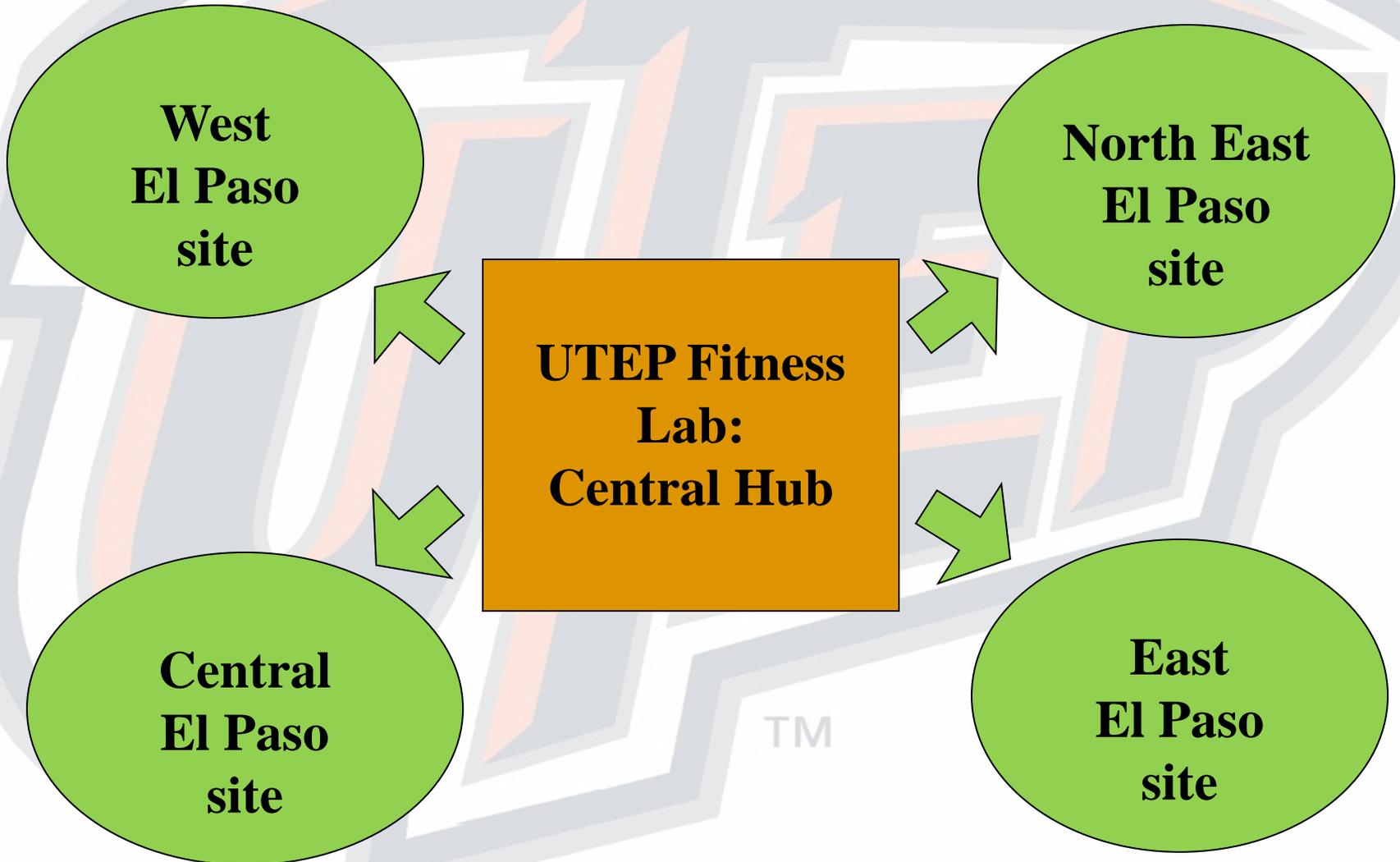
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Our Vision for the Future

- Satellite sites throughout El Paso
 - Program sites in each city region
- Access to qualified facilities
- Sessions offered at multiple times per day

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Our Vision for the Future



Study References

- Dorgo, S., King, G. A., Bader, J. O., & Limon, J. S. (in press). Outcomes of a Peer Mentor Implemented Fitness Program in Older Adults: A Quasi-Randomized Controlled Trial. *International Journal of Nursing Studies*.
- Dorgo, S., King, G. A., Bader, J. O., & Limon, J. S. (2011). Comparing the Effectiveness of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. *Archives of Gerontology and Geriatrics*, 52, 344-349.
- Dorgo, S., King, G. A., & Brickey, G. D. (2009). The application of peer mentoring to improve fitness in older adults. *Journal of Aging and Physical Activity*, 17(3), 344-361.
- Dorgo, S., Robinson, K., & Bader, J. (2009). The effectiveness of a peer-mentored older adult fitness program on perceived physical, mental and social function. *Journal of the American Academy of Nurse Practitioners*, 21, 116-122.

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Questions?

