

IMPLEMENTATION & IMPACTS

INCREASING PHYSICAL ACITIVTY AMONG
OLDER ADULTS

August 2023

Our State Team



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Arkansas Grown

The Extension Get Fit program aims to address some common barriers to engaging in regular, structured activity by increasing access to structured safe programs offered through local county Extension offices.

Developed on a base of strength-training research, this program is designed to:

- Improve strength, balance, and flexibility
- Reduce the risks of falls
- Help maintain independence
- Increase energy
- Help manage weight
- Decrease pain
- Help Participants feel better!

Dr. Lisa Washburn

- Implemented the 1st strength training program in Arkansas

Dr. Jessica Vincent

- Currently a Health Program Instructor



Timing of fitness testing and questionnaire administration varies on program type. Programs of a set length (12 weeks) will concentrate evaluation activities at the start and end of the program. Those with on-going programs will schedule evaluation activities once a year.

Senior Fitness Test

Measures 7 aspects of functional fitness (this is adapted from the Senior Fitness Test Manual)

- lower-body strength
- upper-body strength
- aerobic endurance
- lower body flexibility
- upper body flexibility
- agility and dynamic balance
- BMI

Post Questionnaire

Includes questions about quality of life and an open-ended question to collect personal success stories and participant comments.

Active Participation

22 Counties

have active Extension Get Fit Groups.

107 Volunteers

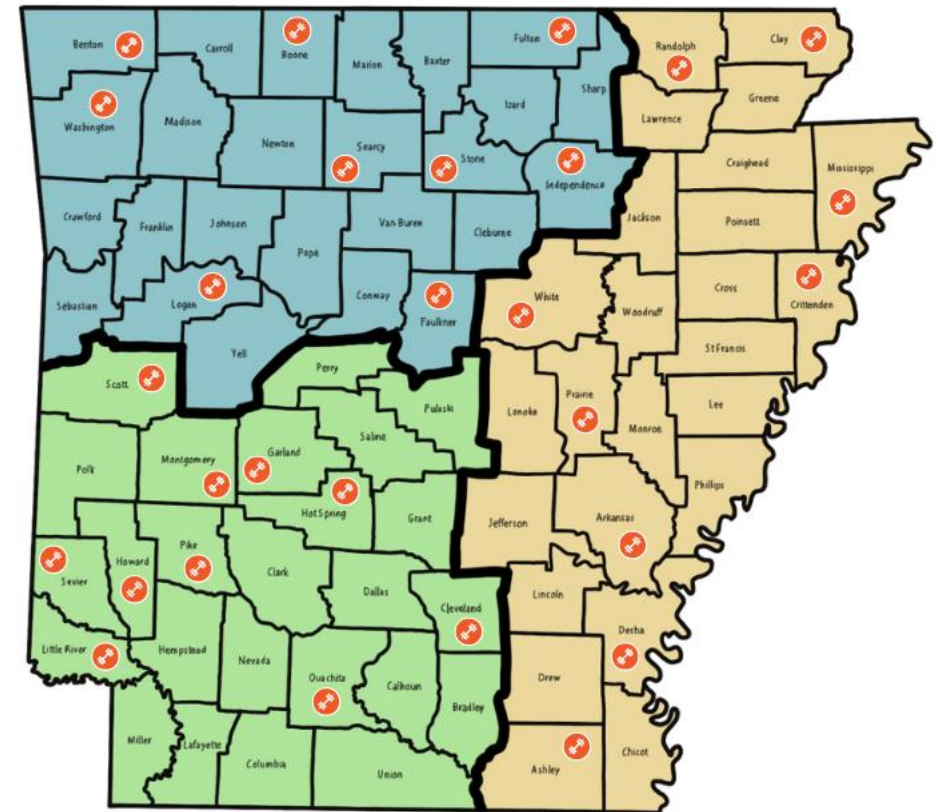
are leading Extension Get Fit clubs.

792 Members

are presently active.

39 Clubs

are presently active.

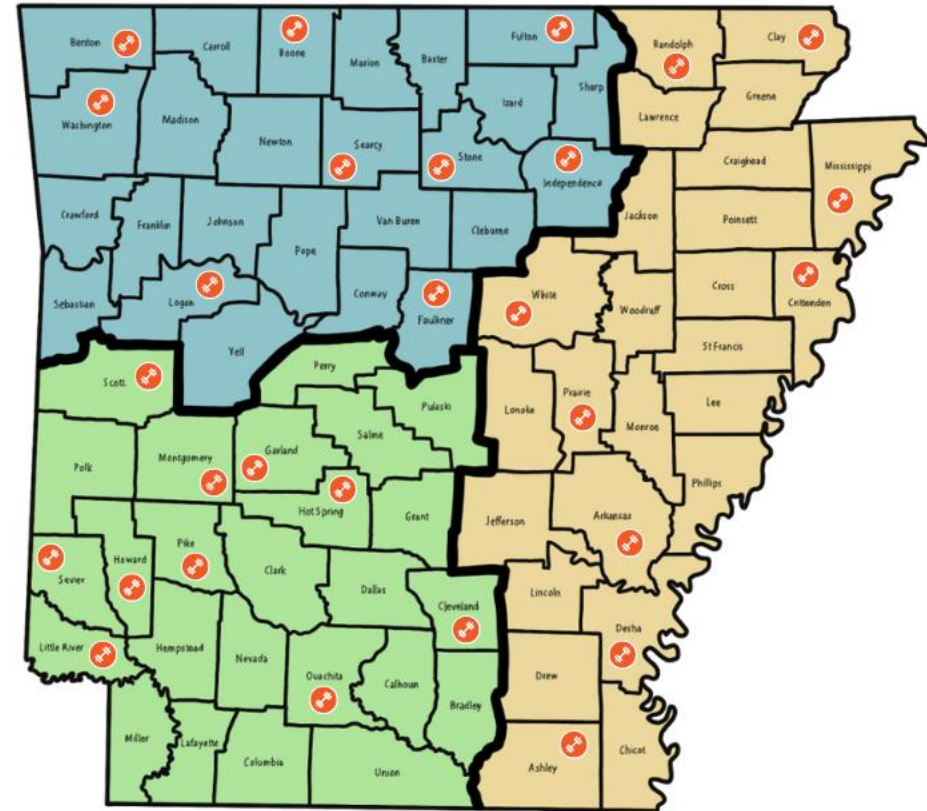


Volunteer Impact

In 2022, 82 volunteers were trained to lead Extension Get Fit programs.

\$ 47,740

value of volunteer time spent
leading Extension Get Fit classes.



Post Questionnaire Results

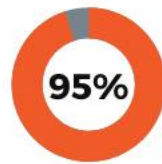
Survey respondents reported:



Improved their overall health



Felt physically stronger



Felt increased energy



Felt improved sleep



Felt decreased joint pain



Became more active because of intervention

\$ 728,404+

estimated hospitalization cost savings from fall reduction through Extension Get Fit.

REFERENCES

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THANK YOU

CONTACT US FOR MORE INFORMATION

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See our Extension
Get Fit program site:



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