

Physical Activity AAEBI Cross-Sectional Table



	Walk With Ease + Camine Con Gusto (Spanish version of WWE)	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance
Priority Audience	People with arthritis and people who seek to improve physical activity levels	Adults of all ages are referred by a variety of organizations such as worksites, hospitals, community health programs, colleges, fitness centers, older adult programs and residences, and grant-funded initiatives.	Adults suffering from arthritis and similar conditions, seniors, active and sedentary adults	Adults with arthritis, related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement	Older adults from frail to fit and people aging with disability	Older adults with osteoarthritis in lower extremities	Almost anyone can use this program with appropriate adaptation for individual conditions, especially people with arthritis or other chronic conditions, who are sedentary, and would like to improve their activities levels, physical function and wellness of body and mind.	Older adults with leg muscles weakness, abnormal gait, walking difficulty, or at risk of falling. Also people with movement or balance disorders
Program Content	<ul style="list-style-type: none"> • Health education • Stretching and strengthening • Warm-up and cool-down exercises • 10-35 minute walk 	<ul style="list-style-type: none"> • Active Living Every Day is an evidence-based behavior change program. The approach is unique because it addresses the root causes of inactivity rather than simply prescribing exercise. • Using facilitated group-based problem-solving methods to integrate physical activity into everyday living, participants learn the skills they need to become and stay physically active. 	<ul style="list-style-type: none"> • Exercise planning • Low impact exercises • Stretching • Balance exercises • Strengthening exercises • Sitting, standing, or lying exercises • Daily living skills 	<ul style="list-style-type: none"> • A recreational group exercise program conducted in warm water that consists of two levels, Basic and Plus. Exercises in the Basic level: <ul style="list-style-type: none"> • Improve range of motion • Increase Muscle strength and endurance • Reduce pain and stiffness • Maintain or improve mobility, muscle strength and functional ability. <p>Also includes Endurance-building routines, relaxation exercises and health education topics.</p>	<ul style="list-style-type: none"> • Fitness Assessment • Cardiovascular Exercise • Dynamic/Static Balance Work • Strength Training with Weights as Appropriate • Flexibility exercises • Socialization 	<ul style="list-style-type: none"> • Stretching • Balance exercises • Range of motion exercises • Resistance exercises • Exercises that mimic daily activities • Problem-solving and self-management skill building • Plan ongoing personal exercise programs 	<ul style="list-style-type: none"> • Gentle tai chi exercises that can be adapted by almost anyone to improve control of: <ul style="list-style-type: none"> • Arthritis symptoms • Balance • Reduce falls • Improve flexibility, strength, and cardiovascular fitness. • Improve immunity • Reduce stress to gain more tranquility 	<p>An evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tye gee chuwan).</p> <ul style="list-style-type: none"> • TJQMBB consists of an 8-form core with built-in Tai Ji Quan - Mini Therapeutic Movements®.

	Walk With Ease + Camine Con Gusto (Spanish version of WWE)	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance
Program Benefits/ Goals/ Outcomes	<p>The overall goals of the Walk With Ease Program are:</p> <ul style="list-style-type: none"> • To promote education about successful physical activity for people with arthritis • To promote education about arthritis self-management and walking safely and comfortably • To encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis. 	<p>This program allows participants to:</p> <ul style="list-style-type: none"> • Identify and address barriers to physical activity • Increase self-confidence about becoming physically active • Create realistic goals and rewards for physical activity • Develop Social Support • Recover from lapses in physical activity 	<ul style="list-style-type: none"> • Improved range of motion • Improved stability • Better health • Increased motor skills 	<ul style="list-style-type: none"> • Overall sense of well-being • Better quality of life • Reduce pain/inflammation • Increase social interaction • Fun, safe and effective way to promote better health • Improved joint function • Increased Muscular Strength 	<ul style="list-style-type: none"> • Maintains or improves physical function • Protects against falls and fall injury • Decreases depression • Provides a social benefit • Promotes a physically active lifestyle • Reduces medical-care utilization costs (~\$945/participant annually) • Saves healthcare costs for managed care plans • Decreases skilled nursing costs • Decreases unplanned hospitalizations 	<ul style="list-style-type: none"> • Improve exercise frequency • Reduce arthritis-related joint pain and stiffness • Increase strength • Improve confidence in ability to exercise 	<ul style="list-style-type: none"> • Relief of arthritis pain • Improve balance • Feel better with oneself • Improve self-efficacy • Reduce falls • Improve physical function and health in general 	<ul style="list-style-type: none"> • Improving postural stability • Awareness and mindful control of body positioning in space • Functional walking • Movement symmetry and coordination • Range of motion around the ankle and hip joints • Lower-extremity muscle strength • Global cognitive function. • Improved balance • Improved physical performance • Preventing falls and injurious falls
Program Format	<ul style="list-style-type: none"> • Self-Directed • Group format with Instructor 	<ul style="list-style-type: none"> • In-person class/group • 1-on-1 in-person • Remote delivery by phone, email, or video conferencing 	<ul style="list-style-type: none"> • In-person class/group • Virtual self-directed 	<ul style="list-style-type: none"> • In-person group 	<ul style="list-style-type: none"> • Instructor Led In-person class/group sessions • Virtual class/group sessions 	<ul style="list-style-type: none"> • Instructor-led in-person group sessions 	<ul style="list-style-type: none"> • In-person class/group sessions • At home/self directed with video 	<ul style="list-style-type: none"> • In-person class/group • In-person at home • Online group
Class Size	<ul style="list-style-type: none"> • N/A for Self-Directed • For Group ideal class size is 12 - 15 participants per leader. 	<ul style="list-style-type: none"> • 8-15 participants (maximum of 20) 	<ul style="list-style-type: none"> • 5-25 participants 	<ul style="list-style-type: none"> • No greater than 20 participants 	<ul style="list-style-type: none"> • 10-25 participants 	<ul style="list-style-type: none"> • 20-25 participants 	<ul style="list-style-type: none"> • 1 to 20 participants for in-person session 	

	Walk With Ease + Camine Con Gusto (Spanish version of WWE)	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance
Program Sessions/ Duration	<ul style="list-style-type: none"> • 1 hour, 3 times per week (group) 	<ul style="list-style-type: none"> • 1-hour, 1 time per week 	<ul style="list-style-type: none"> • 30 to 60 minutes, 2-3 times per week 	<ul style="list-style-type: none"> • 1 hour, 2-3 times a week 	<ul style="list-style-type: none"> • 1 hour, 3 times per week 	<ul style="list-style-type: none"> • 90 minutes, 3 times per week 	<ul style="list-style-type: none"> • 1 hour, 1-2 times a week • Encouraged to practice for 15-30 minutes 	<ul style="list-style-type: none"> • 1 hour, 1-2 times a week • Encouraged 1 hour per week
Total Program Length	<ul style="list-style-type: none"> • 6 weeks 	<ul style="list-style-type: none"> • 12 weeks 	<ul style="list-style-type: none"> • Ongoing 	<ul style="list-style-type: none"> • 11 weeks or Ongoing 	<ul style="list-style-type: none"> • Most are ongoing. • 16 weeks for pre & post measurement 	<ul style="list-style-type: none"> • 8 weeks 	<ul style="list-style-type: none"> • 8 to 16 weeks Ongoing if desired 	<ul style="list-style-type: none"> • 12-24 weeks • Encouraged 24 weeks
Instructor Qualifications	<ul style="list-style-type: none"> • Online WWE Leader training. • At least one trained leader per group. • Current certification in CPR is required. (Live skills training required; online-only courses are not acceptable.) First aid certification is strongly recommended. • Professional liability insurance coverage with an aggregate/single occurrence limit not less than one million dollars for personal injury or property damage, unless covered by the host facility's comprehensive or professional liability insurance policy. 	<ul style="list-style-type: none"> • A trained facilitator who may have a background as a wellness coach, certified fitness instructor, nurse, teacher, public health professional, or a lay leader. • At least 1 trained facilitator is needed per class. 	<ul style="list-style-type: none"> • AFEP trained • CPR/AED 	<ul style="list-style-type: none"> • AFAP Certification • CPR/AED • Must have either lifeguard or water safety certification 	<ul style="list-style-type: none"> • 12 hours of specialized EnhanceFitness Master training • Nationally recognized fitness certification or equivalent strongly recommended 	<ul style="list-style-type: none"> • Certified exercise instructor or Master Trainers for A Matter of Balance or Chronic Disease Self-Management Program. 	<ul style="list-style-type: none"> • Instructor certified by the Tai Chi for Health Institute and CRP 	<ul style="list-style-type: none"> • Preferred trained lay leader/facilitator, fitness instructor, physical therapist, occupational therapist, nurse, certified fitness instructor • Individuals who are interested in teaching this community-based fall prevention program must receive training through authorized TJQMBB trainers.

	Walk With Ease + Camine Con Gusto (Spanish version of WWE)	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance
Program Licensing	No	Yes	No	No	No	Yes	Yes	Yes
Language Offerings	<ul style="list-style-type: none"> • English • Spanish - Camine Con Gusto 	<ul style="list-style-type: none"> • English 	<ul style="list-style-type: none"> • English • Korean • Spanish 	<ul style="list-style-type: none"> • Spanish 	<ul style="list-style-type: none"> • Classes offered at sites in 16 languages. (Languages noted are spoken by participants & instructors in class, not language of class materials). • Class and instructor training materials are available in English and Mandarin 	<ul style="list-style-type: none"> • English • Spanish 	<ul style="list-style-type: none"> • English • Chinese • Spanish 	<ul style="list-style-type: none"> • English
Cost	<ul style="list-style-type: none"> • \$89 training for prospective instructors • \$11.95 per participant book (required). <p>Discounted books for community based organizations are available.</p>	<ul style="list-style-type: none"> • The Active Living Every Day, Third Edition text is required and costs \$49.95 per book. Bulk discounts apply on quantities of 25 or more. • The Active Living Every Day Facilitator Training Course/Facilitator package is \$399 per facilitator. Bulk discounts for 5 or more facilitator training packages are available. 	<ul style="list-style-type: none"> • \$109 	<ul style="list-style-type: none"> • Participant cost varies, participant manuals are \$2.30 per person • \$99-129 training for prospective AFAP 	<ul style="list-style-type: none"> • See website for details: Enhance@Fitness – Program Cost Project Enhance 	<ul style="list-style-type: none"> • Participant costs: Varies. Around \$35 to cover cost of participant manuals. • Leader/ Host Costs: License at \$2,000 for the main site and \$400 for each satellite site for the first year or \$1,000 if only offered at one site. • Manuals for each participant at \$35 each. 	<ul style="list-style-type: none"> • Around \$10 per class per participant 	

	Walk With Ease + Camine Con Gusto (Spanish version of WWE)	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance
Research/ Journal Article	WWE Self-Directed Research Article	ALED Intervention Evaluation	AEA Exercise Program Research	Aquatic Exercise Program Research Additional Research	Enhance Fitness Research		Medical Studies - Tai Chi for Health Institute	Publications – Tai Ji Quan: Moving for Better Balance

*Currently being tested for remote delivery.