

	Walk With Ease + Camine Con Gusto	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	Otago Exercise Program
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	Almost anyone can use this program with appropriate adaptations, from frail to fit and people aging with disability.
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 chuan).</p> <ul style="list-style-type: none"> • TJQMBB consists of an 8-form core with built-in Tai Ji Quan - Mini Therapeutic Movements®. 	<p>17 exercises in total:</p> <ul style="list-style-type: none"> • 5 strengthening • 12 balance

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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 	<p>The Otago program is a structured and progressive exercise program with the goal of improving:</p> <ul style="list-style-type: none"> Lower extremity strength Balance Mobility. <p>These exercises can be progressed, and when ready, the participants is prescribed a walking program.</p>
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 	<ul style="list-style-type: none"> In-person 1-on-1 In-person class/group Remote delivery by phone, email or video conference Virtual class/group At home/self-directed

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 		<ul style="list-style-type: none"> • N/A for self-directed • 1-on-1 • 10-20 for group session
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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 	<ul style="list-style-type: none"> • 30-60 minutes, 2-3 times 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 	<ul style="list-style-type: none"> • Best results are seen when participation exceeds 17 weeks • Group sessions often offered in 8 week segments
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 	<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 	<ul style="list-style-type: none"> • Instructors need to be trained in the Otago program. • Online training (directed to physical therapists)

	<p>recommended.</p> <ul style="list-style-type: none"> 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. 							community-based fall prevention program must receive training through authorized TJQMBB trainers.	
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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 	<ul style="list-style-type: none"> The Active Living Every Day, Third Edition text is required and costs \$49.95 per book. Bulk discounts 	<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 	<ul style="list-style-type: none"> See website for details: Enhance@Fitness-Project Enhance 	<ul style="list-style-type: none"> Participant costs: Varies. Around \$35 to cover cost of participant manuals. 	<ul style="list-style-type: none"> Around \$10 per class per participant 		<ul style="list-style-type: none"> Dependant on format and location.

	(required). Discounted books for community based organizations are available.	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.		for prospective AFAP		<ul style="list-style-type: none"> • 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. 			
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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	Otago Program Research Otago Modality Research

*Currently being tested for remote delivery.