

Physical Activity AAEBI Cross-Sectional Table



	Active Living Every Day	AEA Arthritis Foundation Exercise Program	AEA Arthritis Aquatic Program	Enhance Fitness *	Fit & Strong!*	Good Life with osteoArthritis: Denmark (GLA:D)	My Knee Exercise Program	Otago Exercise Program	Tai Chi for arthritis	Tai Ji Quan: Moving for Better Balance	Walk With Ease + Camine Con Gusto (Spanish version of WWE)
Priority Audience	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	People with symptoms of knee and hip osteoarthritis (regardless of stage of osteoarthritis)	People with knee osteoarthritis	Almost anyone can use this program with appropriate adaptations, from frail to fit and people aging with disability.	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	People with arthritis and people who seek to improve physical activity levels
Program Content	<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 	<p>A recreational group exercise program conducted in warm water that consists of two levels, Basic and Plus. Exercises in the Basic level:</p> <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 	<p>Neuromuscular exercise program:</p> <ul style="list-style-type: none"> Aerobic warm-up 10 exercises (4 levels of difficulty) for core and lower body Cool-down (stretch and gait training) <p>Self-management educational sessions:</p> <ul style="list-style-type: none"> Knowledge about osteoarthritis and evidence-based treatment Exercise and self-management strategies 	<ul style="list-style-type: none"> Osteoarthritis education information A recommended 6 month leg strengthening exercise program guidance to increase general physical activity levels 	<p>17 exercises in total:</p> <ul style="list-style-type: none"> 5 strengthening 12 balance 	<p>Gentle tai chi exercises that can be adapted by almost anyone to improve control of:</p> <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®. 	<ul style="list-style-type: none"> Health education Stretching and strengthening Warm-up and cool-down exercises 10-35 minute walk

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Program Benefits/ Goals/ Outcomes	<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 	<p>Results from more than 75,000 participants show:</p> <ul style="list-style-type: none"> Decreased pain Reduced intake of pain killers Improved chair stands capacity Increased walking speed Improved quality of life Cost-effective 	<ul style="list-style-type: none"> Reduced knee pain Improved physical function Improved quality of life Improved pain self-efficacy 	<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>	<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 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.
Program Format	<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, group based supervised sessions Virtual format available in some countries 	<ul style="list-style-type: none"> Virtual self-directed/self paced 	<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 	<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"> Self-Directed Group format with Instructor
Class Size	<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"> Commonly 5-8 participants (recommended no more than 12) 	<ul style="list-style-type: none"> N/A, self-directed 	<ul style="list-style-type: none"> N/A for self-directed 1-on-1 10-20 for group session 	<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 For Group ideal class size is 12 - 15 participants per leader.

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Program Sessions/ Duration	<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 	Self-management education sessions: <ul style="list-style-type: none"> • 60-90 minutes, once weekly for 2 weeks (some clinics offer a third session lead by former participant) Neuromuscular exercise sessions: <ul style="list-style-type: none"> • 60 minutes, 2 times per week for 6 weeks 	<ul style="list-style-type: none"> • 30 minutes recommended per each session, 3 times a week 	<ul style="list-style-type: none"> • 30-60 minutes, 2-3 times per week 	<ul style="list-style-type: none"> • 1 hour, 1-2 times a week 	<ul style="list-style-type: none"> • 1 hour, 1-2 times a week 	<ul style="list-style-type: none"> • 1 hour, 3 times per week (group)
Total Program Length	<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"> • 6-8 weeks 	<ul style="list-style-type: none"> • 3, 8-week recommended regimens totalling 24 weeks (6-months) 	<ul style="list-style-type: none"> • Best results are seen when participation exceeds 17 weeks • Group sessions often offered in 8-week segments 	<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"> • 6 weeks
Instructor Qualifications	<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 	Certified exercise instructor or Master Trainers for A Matter of Balance or Chronic Disease Self-Management Program.	<ul style="list-style-type: none"> • Certified health care practitioner (most commonly physiotherapist) • GLA:D certified (2-day course on osteoarthritis, evidence-based treatment, registry-based effect evaluation, practical training on delivery of the neuromuscular exercise program and self-management education) 	N/A	<ul style="list-style-type: none"> • Instructors need to be trained in the Otago program • https://www.aheconnect.com/uncgeriatrics/ Online training (directed to physical therapists) 	<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. 	<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.

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Program Licensing	Yes	No	No	No	Yes	Yes	No		Yes	Yes	No
Language Offerings	<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 (Canada, Australia, New Zealand, Ireland) Danish (Denmark) German (Switzerland, Austria, Germany) Chinese (China) French (Switzerland) Italian (Switzerland) Dutch (The Netherlands) 	<ul style="list-style-type: none"> English 		<ul style="list-style-type: none"> English Chinese Spanish 	<ul style="list-style-type: none"> English 	<ul style="list-style-type: none"> English Spanish - Camine Con Gusto
Cost	<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"> GLA:D is a not-for profit initiative based at University of Southern Denmark Instructor cost vary between countries, typically similar to 2-day courses for physiotherapists Participants cost is at most similar to the cost of a used bicycle 	<ul style="list-style-type: none"> No Cost 	<ul style="list-style-type: none"> Dependent on format and location. 	<ul style="list-style-type: none"> Around \$10 per class per participant 		<ul style="list-style-type: none"> \$89 training for prospective instructors \$11.95 per participant book (required). Discounted books for community based organizations are available.

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Research/ Journal Article	ALED Intervention evaluation	AEA Exercise Program research	Aquatic Exercise Program research Additional research	Enhance Fitness research	See Fit & Strong website page on research evidence	See GLA:D website page on research evidence	My Knee Exercise Program research My Knee Exercise Program research summary	Otago Modality research	See Tai Chi for Arthritis website page on research evidence	See Tai Ji Quan: Moving for Better Balance website page on research evidence	WWE Self-Directed Research Article

*Currently being tested for remote delivery.