Western — Canadian Centre for Activity and Aging | FALL 2021 REPORT

Senior Fitness Classes

Start: Nov 8, 2021   **End:** Dec 17, 2021

Class Dates: Monday, Wednesday, Friday

	🧍	🧍	Total	Avg. Age (years)
4:15-5:15 PM	6	7	13	75.6
5:30-6:30 PM	13	8	21	75.4
Total # classes:	18		**Overall average age:**	75.5

Observations

- The fitness instructor was of similar age as the participants which helped participants relate to her
- Modifications were available for individuals with limited mobility and/or strength
- Workouts consisted of continuous low intensity movements that were completed at high repetition
- Verbal and visual cues were provided throughout the classes to promote safety and injury prevention
- Audience-tailored music and spoken instruction allowed for greater participant engagement and comprehension
- A strong sense of community kept participants returning to the classes each week
- Participants were eager to interact with students

Recommendations

- Provide equipment that can be easily adjusted for the participants' specific needs (e.g. chair with adjustable height)
- Create a system to monitor progress so that participants and program coordinators know what to focus on
- Ask participants before the start of class to check if they need different weights/bands
- Provide opportunities for feedback, both in real time and retrospectively
- Encourage student volunteers to get to know the participants
- Provide participants and student volunteers with name tags for easy recognition

Functional Fitness Assessment

Assessment Date: Monday November 15, 2021

Station 1 30s Chair Stand; 30s Arm Curl
Station 2 2-Minute Step-Test
Station 3 Chair Sit & Reach; Back Scratch
Station 4 Dementia Risk Screening
Station 5 Timed Up-and-Go
Station 6 Hip & Waist Circumference; Height & Weight; Number of Falls in Past Year; Single Leg Stance

Results

Sex	#	Mean Age (years)	BMI
🧍	10	77.4	29.4
🧍	21	74.3	28.8
Total #: 31	**Overall:** 75.8		29.1

Assessment	Met Fitness Standard (%) 🧍	🧍
2-minute Step Test	50	71.4
30s Chair Stand	50	52.4
30s Arm Curl	50	38.1
Timed Up-and-Go	30	38.1
Chair Sit & Reach	0	0
Back Scratch	0	0
Single Leg Stance	0	0

Observations

Station 1	• **30s chair stand:** some participants required assistance • **30s arm curl:** no challenges
Station 2	• **2 min step test:** participants had difficulty with balancing
Station 3	• **Chair sit & reach:** many participants were unable to reach their toes • **Back scratch:** many participants were limited by back or shoulder injuries
Station 5	• **Timed up-and-go:** many participants improved from trial 1 to 2
Station 6	• time-intensive and felted rushed • **Hip & waist circumference; height & weight:** many participants were self-conscious • **Single leg stance:** participants felt discouraged when they failed to hold it for the full 45s

Recommendations

Station 1	• conduct tests with participants facing away from one another
Station 2	• conduct tests along a longer stretch of wall
Station 3	• use a longer ruler or measuring tape to accommodate for those with limited mobility
Station 5	• secure the chair to the ground to prevent its movement when participants sit down
Station 6	• split up the hip & waist circumference from the height & weight measurements • encourage participants to wear slip-on shoes • ask participants if they want to know their measurements before taking them

HAroLD Software

Observations

Summary: Although HAroLD is a convenient and simple tool for data collection and entry, improvements are necessary to enhance its real-time usability.

1. **Data Entry:** poor readability when used on small devices
2. **Presentation of Results:** dementia screening test administrators were required to manually compare participant scores with the provided chart to interpret their results; it is not possible to see the compiled results of a group of individuals
3. **User Interface:** it was difficult to quickly switch between participants because it requires navigating through several menus and performing a search

Recommendations

- **Data Entry**
  - increase font size and size of the entry field for mobile/tablet usage
- **Result Presentation**
  - separately state score range, interpretation, and action items relevant to the participant's results
  - add a page displaying group aggregate data
- **User Interface and Experience**
  - add a participant search field that is accessible regardless of the page
  - add the links under the "Tools" menu across the header bar for ease-of-use