

Stay Strong Stay Healthy

The Situation

Despite compelling research about the benefits of muscle strengthening, the majority of older adults, particularly women, do not currently perform these exercises. Reasons include: fear of injuring themselves, no experience with lifting weights, lack of access to a professional experienced with older populations, expense of fitness centers, and few community programs.

The first baby boomers turned 65 in 2011, 60 percent of whom will manage more than one chronic condition by 2030. Unfortunately, less than 20 percent of older adults engage in adequate physical activity, and fewer perform strength training and flexibility exercises. Underserved populations often have even lower rates of physical activity.

SSSH addresses these challenges by providing a safe, welcoming environment where certified instructors teach older adults how to strengthen their muscles.

Short-Term (Knowledge)

Increase understanding and awareness of benefits of physical activity and strength training.

Indicators

Participants:

- Identify benefits of any strength training
- Improved knowledge of strength training

Medium-Term (Behavior)

Participants:

Learn strength training exercises

Increase time doing strengthening exercises

Indicators

- Enrollment in SSSH course
- Engage in at least 60 minutes of strength training exercises at least twice a week

Long-Term (Change in Condition)

Improved quality of life

Fewer falls

Improved strength, balance and flexibility.

Indicators

- Pre/Post assessment for improved strength, balance and flexibility
- Decline in the number of falls reported
- Aging adults remaining at home longer

Outputs

Increase number of agents/KSRE staff that are SSSH Instructor certified

Maintain SSSH Instructor active certification status annually

Participate in SSSH Instructor updates and training

Complete SSSH program protocol and evaluation requirements