

Fitness (Exercise)Programs

Research shows that progressive fitness programs are beneficial at any stage of life and that Fitness Programs can reduce the negative effects of a sedentary lifestyle.

These guidelines have been created to make Fitness Programs a priority in Ohio's Adult Residential Care Facilities and to insure that residents of Adult Residential Care Facilities are enjoying the same opportunities as those who are able to travel to public and private health clubs, fitness centers and wellness facilities where fitness programs are kept current and are available to anyone who chooses to participate.

Residents shall be encouraged to participate in the fitness programs made available to them by the Adult Residential Care Facility, but will at no point ever be forced to attend any exercise programs.

Exercise Class Minimum Requirements

1. In an effort to insure equal opportunity for all residents, at least 14 sessions (2 per day) of 30 minutes of exercise per week **with instructor** are required. The facility will increase the number of classes accordingly to accommodate more residents, but cannot go below the minimum of 2 classes per day.
2. For maximum benefit the exercise classes are to be created to offer progressive exercises so each individual can improve based on their individual needs and abilities. To ensure that the classes are appropriate for all levels of abilities, the schedule should include in description the particular level. Examples would be:
 - Beginner
 - Advanced
 - Seated
 - Standing
3. The overall exercise program must include the following fitness areas that are standard in any physical fitness program. To include the following physical criteria is to insure that all residents may participate based on their individual needs and abilities.
 - Cardio
 - Flexibility
 - Strength
 - Balance
4. To encourage continued participation the fitness program should include the following
 - Goal Setting
 - Recognition and Reward System

Suggested Updates for Ohio's Guidelines of Adult Residential Care Communities

Subject: Fitness (Exercise) Programs

Submitted by Linda Thurston, The Senior Fitness Movement

www.theseniorfitnessmovement.com

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In addition to the regularly scheduled classes there will be at least one “special” program, scheduled monthly to promote variety in exercise programs and to keep your facility’s programs current. “Special programs” will not take place of the 14 regularly scheduled classes.

Examples would be:

- Walking Club
- Tai Chi or Yoga
- Sports related, i.e. golf, bowling
- Exercise Videos (Instructor must be present)
- Balance Workshops
- Newly Marketed Programs

Exercise Equipment Requirements

Residents and staff will be equipped with at least the following fitness equipment and will insure that there is enough equipment to accommodate at least a resident class size of 10 for any facility with less than 65 residents and a class size of 20 for any facility with more than 65 residents.

- Resistance Bands or Tubing(with handles)
 - At least 3 different levels of resistance
- Hand Weights
 - At least 3 different weight levels
- Ankle weights
 - At least 3 different levels

Class Location and Onsite Fitness Centers

The residents will have made available to them a quiet location where exercise classes can be conducted without interruption from the daily functions of the facility.

When a facility has an onsite fitness center with exercise machines, the machines shall be appropriate to accommodate physical disabilities and limitations as to avoid discrimination of use, based on a physical disability. All safety precautions will be considered including inspections to insure equipment will be properly maintained as suggested in equipment guide. All “fitness centers” will include a water station such as a standalone water cooler. For safety purposes all residents will be trained on equipment before use.

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Promotion

To promote fitness and encourage participation, each facility will use at least 3 of the following promotional tools.

1. Fitness Information posted on bulletin boards
2. Fitness topic in newsletter
3. At least 1 - 30 minute activity a month to discuss personal Health and Fitness
4. Recognition and Reward System
5. Post information or have available contact information of outside resources such as personal trainers and programs in the community.

Training

All activities personnel, exercise instructors and/or whoever will be instructing exercise classes in your facility must complete the following

- At least 3 hours of fitness training (by a certified fitness instructor or trainer, specializing in older adults) within 3 months of hiring. The trainer cannot be an employee of facility. Self-study programs are not accepted.
- Certificate of completion must be kept on file.
- In addition, a minimum of 2 hours of documented continuing fitness education per year is also required. Self-study programs are not accepted. Trainer cannot be an employee of the facility.
- Training is to be paid by the facility

Exercise Videos can be used as an additional exercise tool, but cannot be used as replacement of the weekly 14 regularly scheduled classes or more than once every other month for the monthly Special Program. To insure the safety of residents, if an exercise video is used, a staff member must still be present.

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