

Healthy Living Programs

Arthritis Exercise

- In partnership with the Arthritis Foundation, this exercise program offers low-impact exercises, standing or seated, to help alleviate stiffness and pain associated with arthritis.
- Developed by physical therapists to reduce stiffness while building strength and stamina
- Contact Senior Services at 269-382-0515 for further information.
- <http://www.arthritistoday.org/what-you-can-do/staying-active/>

Arthritis Aquatics

- In partnership with the Arthritis Foundation, this workshop allows persons with arthritis a way to better manage pain while enjoying the benefits of warm water exercise.
- Workshops meet approximately 2-5 times a week.
- Contact the YMCA of Greater Kalamazoo at 269-345-9622 ext. 127 for more information.
- <http://www.arthritistoday.org/what-you-can-do/staying-active/activity-types/water-walking-benefits.php>
- <http://www.kzoymca.org/adult-active-older-adults-classes>

Enhance Fitness

- An Exercise Program for older adults which includes balance, strength, cardio respiratory endurance and flexibility exercises three times a week.
- Designed and proven effective for older adult to improve their overall physical functioning.
- Classes include a 5 minute warm-up; 20 minute cardio; 5 minute cool down; 20 minute strength training with soft ankle and wrist weights; 10 minute stretching and a variety of exercises specifically targeting to improve balance.
- A cost analysis by the University of Washington on member of a local Health Management Organization (HMO) showed healthcare utilization costs of Enhance Fitness participants were 79% of non-participants' costs to their HMO after one year, lowering costs by 21%.
- Contact Portage Senior Center for locations all around Kalamazoo County at 269-329-4555
- <http://www.portagemi.gov/Departments/SeniorCitizenServices/Classes.aspx>
- <http://www.ncoa.org/improve-health/center-for-healthy-aging/enhance-fi.html>

Healthy Eating

- "Hands on" course focuses on reading labels, and making healthy choices using MyPyramid as a framework.
- Includes group trips to grocery store and restaurant
- Meal planning and preparation to improve eating habits
- Call Comstock Community Center for schedule, at 345-8556.

Matter of Balance: Falls Prevention

8 Session Workshop

Offers information about:

- Falls Prevention
- Home Safety
- Exercise to lower the risk of falls
- Goal setting for increasing activity.

Outcomes:

- 100% of participants said they planned to continue exercising.
- 85% acknowledged they made changes to their environment to help prevent falls.

- In a telephone survey, completed 6 months after the last Matter of Balance class, 72% of the people reported they were still doing some type of physical activity.

For more information about Matter of Balance: Call Healthy Living Programs at (269) 373-5224. Offered by the Area Agency on Aging, Region IIIA.

http://www.mmc.org/mh_body.cfm?id=432

PATH: Personal Action Toward Health 6 Week Workshop

Provides tools and techniques need for older adults to better manage long term health conditions like arthritis, asthma, depression, diabetes, fibromyalgia, heart disease and high blood pressure. Great for caregivers and loved ones, too.

Outcomes for PATH:

In telephone surveys conducted six weeks to fourteen months after course participation:

- 100% of participants had increased their physical activity.
- 100% said they were still using problem solving techniques taught in PATH.
- 94% indicated they were still using problem solving techniques learned to currently manage their health.
- 94% had increased their healthy eating.

Chronic Pain PATH

6 Week Workshop

Offers information presented in PATH **and**:

- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep.
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Medications
- Communication
- Healthy Eating
- Pacing Activity and Rest

Diabetes PATH

6 Week Workshop

Offers information presented in PATH **and**:

- Monitoring Blood Sugar
- Preventing Low Blood Sugar
- Preventing or Delaying Complications
- Planning Meals

For information on all PATH programs: Call the Healthy Living Programs at (269) 373-5382. Offered by the Area Agency on Aging, Region IIIA.

<http://patienteducation.stanford.edu/programs/cdsmp.html>