
Enhancing Fitness with EnhanceFitness: *An Evidence-Based Interaction for Older Adults and People With Chronic Disease*

Satellite Conference and Live Webcast

Thursday, January 26, 2006

12:00-2:30 p.m. (Central Time)

1:00-3:30 p.m. (Eastern Time) • 11:00 a.m.-1:30 p.m. (Mountain Time) • 10:00 a.m.-12:30 p.m. (Pacific Time)

EnhanceFitness (formerly Lifetime Fitness) is an evidence-based, community-delivered exercise program proven to increase strength, boost activity levels and elevate mood. This is a packaged program providing training, support, instructor and participant materials and data analysis. EnhanceFitness is managed by Senior Services of Seattle-King County in collaboration with Group Health Cooperative and the University of Washington's Health Promotion Research Center. The EnhanceFitness program is non-disease specific and lends itself well to collaboration across chronic disease programs. This interactive satellite and webcast conference is specifically designed to introduce EnhanceFitness to chronic disease program coordinators and their partners.

Faculty

Susan Snyder

Director, Senior Wellness Project
Senior Services of Seattle-King County
Seattle, Washington

Brenda Barkey

Enhance Fitness Instructor
Seattle, Washington

Program Objectives:

1. Describe the basic components (how it is delivered, types of exercises) of the EnhanceFitness program.
2. Identify the facility, space and equipment requirements for EnhanceFitness.
3. Discuss the research demonstrating the effectiveness of EnhanceFitness.
4. List the steps necessary to implement the EnhanceFitness program.

Conference Details:

Target Audience: State arthritis program coordinators, their partners and potential partners, other professionals with an interest in elder health and community-based chronic disease programs.

Registration: www.adph.org/alphntn Cost: There is no cost to view. CEUs: Nurses (pending).

Satellite Technical Information: This program will be a live satellite broadcast on both Ku & C bands.

Webcast Information: Please register at www.adph.org/alphntn To view this live webcast, you will need RealPlayer or Windows Media Player. This program will also be available as an on-demand webcast approximately 2 days after the live broadcast.

Conference Materials: Posted on our website approximately one week before the program.

Questions For Faculty: If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: alphntnquestions@adph.state.al.us or Fax: 888-737-1972.

General Questions: Call: 334-206-5618 or email: alphntn@adph.state.al.us