

COLLAGE Wellness Tool and Exercise Program Development

Dianne Green, M.A. EP, CDP
Wellness Department
Kendal at Oberlin

Overview



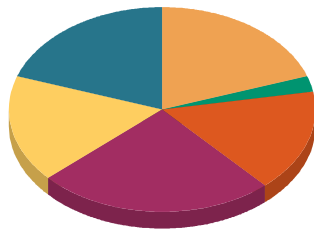
Kendal at Oberlin Fitness Program development = combination of:

1. Utilization of COLLAGE data +
2. Previous program interests of Residents +
3. “Best Practices” in Fitness Industry +
4. Early adoption of “multiple-movement” activities for brain fitness enhancement

Participation in Fitness/Exercise Programs in last 3 days

B1 Responses

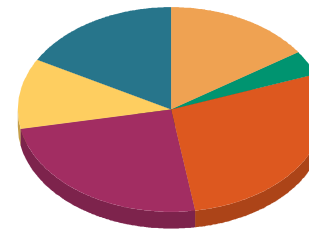
2007



0	0.0%
1	19.6%
2	2.7%
3	16.1%
4	25.0%
5	17.0%
Total: 100.0%	

B1 Responses

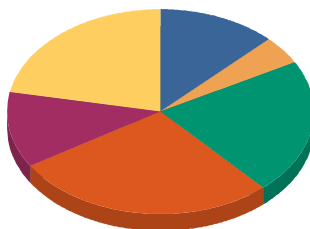
2008



0	0.0%
1	15.6%
2	3.9%
3	27.9%
4	24.7%
5	11.0%
Total: 100.0%	

B1 Responses

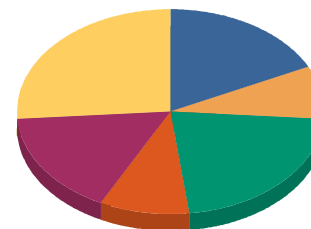
2009



0	12.5%
1	4.4%
2	21.3%
3	27.9%
4	11.8%
5	22.1%
Total: 100.0%	

B1 Responses

2010



0	17.8%
1	8.2%
2	21.9%
3	9.6%
4	16.4%
5	26.0%
Total: 100.0%	

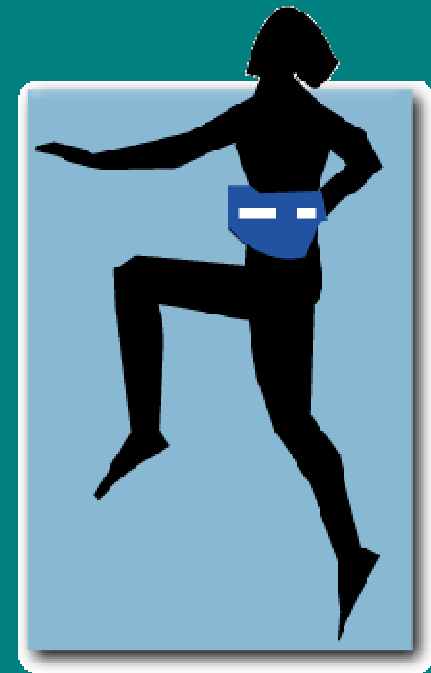
Participation in Fitness/Exercise Programs in last 3 days (cont')



- Program development goal was to impact exercise participation by reducing the 0 and 1's, increasing 2's, with focus on 3 + 4's (ACSM 150 minutes per week minimum).

Pool Programs and Options 2007 - 2010

- Pool access was doubled for lap swimmers and open use (independent water exercise).
- Water walking times and class schedules were maintained (7 hours/week and 18 hours/week, respectively).



Land Exercise Programs and Options 2007 - 2010

- Eliminated low attendance classes (less than 3 per class or 75% attendance). Content of these classes added to new classes as possible. (This was a difficult change process!).



Land Exercise Programs and Options 2007 - 2010 (cont')

- Reviewed programs, renewed programs, and began new programs to assure:
 1. Competency by users (easy entry and early success by participants).
 2. Challenge of program for more advanced participants or as improvements noted.
 3. Direction of participants to programs when requested, however anyone can participate as possible
 4. Contests and such to keep it interesting

Results

- Successes:
 1. No Exercisers best reduction of 35% between 2007 & 2009 (i.e. 51 people increased exercise levels).
 2. 2 hour exercisers went from 16% to 28% (initial surge in program interests)
 3. The 4 and 5 hour exercisers are increasing in number (note new younger residents may contribute heavily to this change).

Results (cont')

- Ongoing areas of effort:

1. The none but usually group has increased, why? Related to barriers? Which ones?
2. Surge not sustained of 2 hours plus exercisers. Why? Need to re-focus efforts on the 2 and 3 hour exercisers.



Concluding Comments:

- All six COLLAGE Wellness Assessment questions can be used in the same way to drive program development.
- Cross correlation between all areas as opposed to a “smoking gun” answer is the norm.
- It is an on-going process. Just when you think you know, then you know you don't. 😊 Keep being creative and trying out options.