

Appendix: Federally Supported Physical Activity Initiatives and Resources for Older Adults

The initiatives and resources included below are managed or funded by the federal government. Non-federally supported evidence-based initiatives and resources may also help older adults increase physical activity levels.

U.S. Department of Health and Human Services (HHS) Administration for Community Living (ACL)

- **Arthritis Foundation Exercise Program** is a recreational group exercise program that includes a variety of exercises that can be performed while sitting, standing, or lying on the floor. Programs offer multiple components to help reduce pain and stiffness and to maintain or improve mobility, muscle strength, and functional ability. Endurance-building routines, relaxation exercises and health education topics are also included. (<https://aeawave.org/arthritis>)
- **Bingocize®** is a program that combines a bingo-like game with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. A mobile app version is also available. (<https://www.wku.edu/bingocize/>)
- **Enhance®Fitness** is a low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults. The exercises have been packaged into a formal regimen focusing on 4 key areas important to the health and fitness of mature participants: low-impact cardiovascular activity, dynamic/static balance work, strength training, and stretching. (<https://projectenhance.org/>)
- **Fit & Strong!** is an evidence-based physical activity/behavior change intervention that has been successfully implemented in multiple community-based settings. Participants are older adults who have lower-extremity joint pain and stiffness related to osteoarthritis. Fit & Strong! blends a multiple-component exercise program with group problem-solving/education using a curriculum designed to facilitate arthritis symptom management, confidence in one's ability to exercise safely with arthritis, and commitment to lifestyle change. (<https://www.fitandstrong.org/>)
- **Geri-Fit®** is an evidence-based health promotion and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. The progressive resistance strength training program uses bodybuilding techniques to increase strength. It also incorporates range-of-motion exercises, stability and balance training, cardiovascular activity for heart health, and gait exercises to help improve walking. (<https://www.gerifit.com/>)
- **Healthy Steps in Motion (HSIM)** is an exercise program designed for people of all fitness levels. There are 3 levels of exercises, so participants can continue HSIM as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals, YMCAs/YWCAs, and other locations. (<https://www.aging.pa.gov/aging-services/health-wellness/HealthyStepsinMotion/Pages/default.aspx>)

- **A Matter of Balance** is a structured group intervention that emphasizes practical strategies to reduce the fear of falling and increase activity levels for older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. (<https://www.mainehealth.org/healthy-communities/healthy-aging/matter-of-balance>)
- **Moving For Better Balance** is a group program designed to improve strength, mobility, flexibility, and balance for enhanced overall physical health and better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. The program, based on the principles of tai chi, teaches 8 movements modified especially for falls prevention. (<https://www.ymca.org/what-we-do/healthy-living/fitness/older-adults/better-balance>)
- **On the Move** is a group-based exercise program for older adults designed to target key principles of the biomechanics and motor control of walking. The warm-up and cooldown contain gentle range-of-motion exercises and stretches for the legs and trunk. The program's unique stepping and walking patterns promote the timing and coordination of stepping and are integrated with the phases of the gait cycle. (<https://www.onthemove.pitt.edu/>)
- **The Otago Exercise Program** is a series of 17 strength and balance exercises facilitated by a physical therapist or physical therapy assistant in the home or an outpatient or community setting. The program has been shown to reduce falls by between 35 and 40 percent for frail older adults. (<https://www.med.unc.edu/aging/cgwep/courses/exercise-program/>)
- **Stay Active and Independent for Life (SAIL)** is a strength, balance, and fitness program for adults age 65 years and older. Performing exercises that improve strength, balance, and fitness is the single most important step that adults can take to stay active and reduce their chance of falling. If done regularly, the entire curriculum of activities in the SAIL program can help improve strength and balance. (<https://www.sailfitness.org/>)
- **Tai Chi for Arthritis and Fall Prevention** helps people with arthritis improve their muscular strength, flexibility, balance, stamina, and more. (<https://taichiforhealthinstitute.org/programs/tai-chi-for-fall-prevention/>)
- **Tai Chi Prime** classes feature instruction in tai chi and qi gong basics, home practice coaching, DVDs for home practice, and exercises to embed into activities of daily living. (<https://taichihealth.com/tai-chi-prime-overview/>)
- **Tai Ji Quan: Moving for Better Balance™** is an evidence-based falls prevention program. Each session consists of warm-up exercises; core practices, which include a mix of practice of forms, variations of forms, and mini-therapeutic movements; and brief cooldown exercises. (<https://tjqmbb.org/>)
- **Walk With Ease** is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multicomponent program that also includes health education, stretching and strengthening exercises, and motivational strategies. (<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>)

Agency for Healthcare Research and Quality (AHRQ)

- **The TAKEHeart Initiative** is designed to increase patient participation in cardiac rehabilitation after cardiovascular events like heart attacks, heart failure, angioplasty, and heart surgery. (<https://takeheart.ahrq.gov/>)

Centers for Disease Control and Prevention (CDC)

- **Active People, Healthy NationSM** is a CDC-led initiative to help 27 million Americans become more physically active by 2027. Resources include evidence-based strategies to increase physical activity (including through community design), information on how multiple sectors can engage, and facts on the benefits of physical activity. (<https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>)

Specific resources highlighting older adults include:

- Information on how much physical activity older adults need (https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)
- Ways older adults can include physical activity in their daily life (<https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>)
- Information on levels of physical activity among older adults (<https://www.cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html>)
- A fact sheet on older adult physical activity levels (https://www.cdc.gov/physicalactivity/inactivity-among-adults-50plus/modules/Adults_need_more_PA_factsheet_March2022_508.pdf)
- A podcast on the importance of physical activity for older adults (https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=FCP_19_DM20977_USCDC_944#/media/id/405188)
- **Mall Walking: A Program Resource Guide:** Information about mall walking programs or indoor walking programs in mall-like settings that can address many barriers facing older adults. (<https://www.cdc.gov/nccdp/dnpao/docs/uwmallwalkingguideweb508tagged.pdf>)
- **Arthritis-Appropriate, Evidence-Based Interventions (AAEBI)** are community-based programs that the Osteoarthritis Action Alliance (OAAA) identifies during a CDC-funded review. The most recent list of AAEBI programs includes several physical activity interventions, including Enhance@Fitness. (<https://oaaction.unc.edu/aaebi>)
- **Disability & Health Resources for Facilitating Inclusion and Overcoming Barriers** assist in creating and using inclusion strategies to improve the health, well-being, and participation of people with disabilities in all aspects of life. (<https://www.cdc.gov/ncbddd/disabilityandhealth/disability-resources.html>)
- **The Guide to Community Preventive Services (The Community Guide)** is a collection of evidence-based findings of the Community Preventive Services Task Force (CPSTF). It's a resource to help health professionals and others select interventions to improve health and prevent disease in their states, communities, community organizations, businesses, health care organizations, or schools. (<https://www.thecommunityguide.org/pages/about-community-guide.html>)

- **Increasing Physical Activity Among Adults with Disabilities** features resources for doctors and other health professionals that outline how to increase physical activity among adults with disabilities. (<https://www.cdc.gov/ncbddd/disabilityandhealth/pa.html>)
 - Infographic (<https://www.cdc.gov/ncbddd/disabilityandhealth/documents/disability-pa-infographic.pdf>)
- **MyMobility Plan** is a set of resources supported by CDC that provides older adults with information, guidance, and tips on how to stay safe, mobile, and independent as they age. The mobility planning tool has 3 parts: tips to manage health and mobility, a home safety checklist for falls prevention, and a plan to stay mobile in the community. (https://www.cdc.gov/transportationsafety/older_adult_drivers/mymobility/index.html)
- **The National Diabetes Prevention Program (National DPP)** is the CDC-recognized lifestyle behavior change program focusing on increasing physical activity and healthy eating among people with prediabetes to reduce their risk of eventually developing diabetes. (<https://www.cdc.gov/diabetes/prevention/lcp-details.html>)
- **The Older Adult Fall Prevention webpages** include a collection of effective fall prevention interventions to help public health practitioners, senior service providers, clinicians, and others who want to address falls among older adults in their community. The webpages also provide data, resources, and publications on fall prevention. (<https://www.cdc.gov/falls/index.html>)
 - **Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults** highlights specific interventions for which there is published evidence of the ability to reduce falls among community-dwelling older adults. The 4th edition of the Compendium describes 34 single interventions (17 exercise interventions, 5 home modification interventions, and 12 clinical interventions) and 16 multifaceted interventions (addressing multiple risk factors). (https://www.cdc.gov/falls/pdf/Steady_Compendium_2023_508.pdf)
 - The webpages also include **Preventing Falls: A Guide to Implementing Effective Community-Based Fall Prevention Programs**, a related “how-to” guide designed for community-based organizations that are interested in planning, developing, implementing, and evaluating their own evidence-based falls prevention programs. (https://www.cdc.gov/falls/programs/community_prevention.html)
- **Physical Activity for Arthritis** webpages provide resources and guidance on physical activity for individuals with arthritis. (<https://www.cdc.gov/arthritis/basics/physical-activity/index.html>)
- **The Still Going Strong Campaign** speaks directly to older adults and their caregivers to raise awareness about preventable injuries among older adults. (<https://www.cdc.gov/stillgoingstrong/index.html>)

Indian Health Service (IHS)

- **The Diabetes Standards of Care and Resources for Clinicians and Educators** are intended to provide guidance to clinicians and educators as they care for American Indian and Alaska Native people who have or are at risk for type 2 diabetes:

- Physical Activity Standard of Care (<https://www.ihs.gov/diabetes/clinician-resources/soc/physical-activity1/>)
 - Physical Activity Education (<https://www.ihs.gov/sdpi/sdpi-community-directed/diabetes-best-practices/physical-activity-education/>)
- **Educator and Patient Resources** from the IHS Division of Diabetes Treatment and Prevention (DDTP) are culturally relevant, easy-to-read education materials for patients, educators, and providers.
 - **Being Active Is Traditional** shares fun ways to be more active. (<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2491>)
 - **How to Get Started Walking** encourages people to start walking for exercise and wellness. (<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=334>)
 - **How to Walk Farther and Faster** promotes increased walking. (<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=335>)
 - **The Household Circuit Activity Program** describes how individuals can increase daily physical activity at home by combining a number of household and/or yard chores in a defined period of time or circuit. (<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2378>)
 - **The Physical Activity Kit (PAK)** is a culturally appropriate toolkit based on best and promising practices to increase physical activity among all ages across the lifespan. The PAK consists of structured activities that Head Starts, child care centers, schools, senior centers, and youth organizations can easily implement with minimal equipment. The toolkit supports national efforts to get people of all ages moving — including the Just Move It and Move Your Way® campaigns. (<https://www.ihs.gov/hpdp/pak/>)
 - **PAK Book 7: Older Adults** contains information on how much physical activity older adults need, information about types of physical activity, and illustrations of a mix of physical activity movements.

National Institutes of Health (NIH)

- **The National Institute on Aging (NIA)** has resources on exercise and physical activity for healthy aging. (<https://www.nia.nih.gov/health/topics/exercise-and-physical-activity>)

Office of Disease Prevention and Health Promotion (ODPHP)

- **The Physical Activity Guidelines for Americans** is an essential resource for health professionals and policymakers. It includes recommendations for Americans age 3 years and older — including people at increased risk of chronic disease — and provides evidence-based advice on how physical activity can help promote health and reduce the risk of chronic disease. (<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>)

- **Move Your Way**[®] is a campaign that provides free tools in both English and Spanish to promote the *Physical Activity Guidelines for Americans*. The campaign encourages Americans to get the physical activity they need to get and stay healthy by increasing awareness, knowledge, and self-efficacy. Campaign resources include interactive tools, videos, posters, fact sheets, and social media messages for audiences of all ages, including older adults. (<https://health.gov/moveyourway>) Specific resources highlighting older adults include:
 - Information on how much physical activity older adults need and why physical activity is key for healthy aging (https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_OlderAdults_508c.pdf)
 - Information on the different types of physical activity older adults need and how they can get a mix of activity types (https://health.gov/sites/default/files/2021-07/PAG_MYW_FactSheet_OlderAdults_07-08_508c.pdf)
 - A story illustrating how 2 older adults eat healthy and find safe ways to get active (<https://health.gov/moveyourway/stories/john-patty>)
 - A planning tool to help people build a personalized weekly activity plan with tips for fitting activity into their daily routines (<https://health.gov/moveyourway/activity-planner>)
- **Healthy People** provides science-based, 10-year national objectives for improving the health of all Americans. It has a physical activity topic area, which includes objectives used to track different populations' progress toward meeting the recommendations in the *Physical Activity Guidelines for Americans* as well as other physical activity areas. (<https://healthypeople.gov>)

Office of the Surgeon General (OSG)

- **Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities** is intended to increase walking across the United States by calling for improved access to safe and convenient places to walk and wheelchair roll, as well as for a culture that supports these activities for people of all ages and abilities. This publication presents 5 goals and supporting implementation strategies that are grounded in scientific and practice-based evidence. These goals call for action by multiple sectors of society, as well as families and individuals. (<https://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>)

Environmental Protection Agency (EPA)

- **Healthy Places for Healthy People** engages with community leaders and health care partners to create walkable, healthy, and economically vibrant communities that can improve health, protect the environment, and support economic growth. One key focus of the program is creating physical activity programs and supporting sidewalks, bike paths, trails, and parks in the community to promote active living. (<https://www.epa.gov/smartgrowth/healthy-places-healthy-people>)
- **The National Walkability Index** is a nationwide geographic data resource that ranks block groups according to their relative walkability. The national dataset includes walkability scores for all block groups as well as the underlying attributes used to rank the block groups. (<https://www.epa.gov/smartgrowth/smart-location-mapping#walkability>)

National Park Service (NPS)

- **Healthy Parks Healthy People** is a program that connects people to parks through health promotion, fosters society's understanding of and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards. The program addresses health promotion in parks and communities at local, state, national, and international levels through 5 main programmatic areas — including healthy recreation. (<https://www.nps.gov/orgs/1078/index.htm#:~:text=Healthy%20Parks%20Healthy%20People%20works,and%20sustainability%20of%20the%20planet>)

U.S. Department of Agriculture (USDA)

- **The Forest Service Accessibility Resources** promote trail use and outdoor recreation opportunities accessible to older adults with mobility limitations and people with disabilities. “Accessibility” defines a facility in compliance with accessibility guidelines or standards when it was built or altered. (<https://www.fs.usda.gov/managing-land/national-forests-grasslands/accessibility/resources>)
 - These resources include an Interactive Visitor Map. (<https://www.fs.usda.gov/ivm/>)
- **The SNAP-Ed Connection** webpage hosts a library of physical activity resources for older adults. (https://snaped.fns.usda.gov/library/materials?keywords=physical%20activity&sort_by=search_api_relevance&lib%5B0%5D=audience%3A19)

U.S. Department of Transportation (DOT)

- **The Federal Highway Administration's Bicycle and Pedestrian Program** provides resources to help promote bicycle and pedestrian transportation use, safety, and accessibility. These resources include a listing of State Bicycle and Pedestrian Coordinators, information on funding sources, and bicycle- and pedestrian-related legislation. (https://www.fhwa.dot.gov/environment/bicycle_pedestrian/index.cfm)
 - Pedestrian and Bicycle Funding Opportunities: U.S. Department of Transportation Transit, Safety, and Highway Funds (https://www.fhwa.dot.gov/environment/bicycle_pedestrian/funding/funding_opportunities.pdf)
- **The Federal Highway Administration's Complete Streets** website is focused on helping people plan, develop, and operate equitable streets and networks that prioritize safety, comfort, and connectivity to destinations for everyone who uses the street network. (<https://highways.dot.gov/complete-streets>)
 - Moving to a Complete Streets Design Model: A Report to Congress on Opportunities and Challenges (<https://highways.dot.gov/sites/fhwa.dot.gov/files/2022-03/Complete%20Streets%20Report%20to%20Congress.pdf>)
- **The Federal Highway Administration's Small Town and Rural Multimodal Networks** guide is a design resource and idea book to help small towns and rural communities support safe, accessible, comfortable, and active travel for people of all ages and abilities. (https://www.fhwa.dot.gov/environment/bicycle_pedestrian/publications/small_towns/page00.cfm)

U.S. Department of Veterans Affairs (VA)

- **Gerofit** is an exercise program that promotes health and wellness for Veterans. Participants receive a personalized exercise prescription, and trained exercise staff such as physiologists, nurses, or physical therapists provide guidance for carrying out the exercise program.
(https://www.va.gov/GERIATRICAL/pages/gerofit_Home.asp)
- **The MOVE! Weight Management Program** is a weight management and health promotion program supported by the VA's National Center for Health Promotion and Disease Prevention (NCP) and designed to improve the lives of Veterans. The program helps Veterans maintain and lose weight by encouraging healthy eating and increased physical activity.
(<https://www.move.va.gov/>)