

Exercise Programs for Older Patients	Website link	Features (Advantages)	Cost
Move! (VA)	https://www.move.va.gov/	<ol style="list-style-type: none"> 1. Weight management/health promotion program to improve the lives of Veterans. 2. Encourage healthy eating, increased physical activity & promotes even small weight 	None
Gerofit (VA)	https://www.va.gov/GERIATRICS/pages/gerofit_Home.asp	<ol style="list-style-type: none"> 1. Program promoting exercise and health for older Veterans. 2. Uses strength and aerobic exercises, group classes like tai chi, dancing walking and balance to keep Veterans active. 3. Program began in 1986 and is now available at 30 VA Healthcare Systems (tele + in-person) 	None
Silver Sneakers	https://tools.silversneakers.com/	<ol style="list-style-type: none"> 1. Fitness/wellness program for seniors aged ≥ 65 years. 2. Largest program w/ 13,000 participating gyms and facilities in U.S. 3. Features online classes for those far from physical locations. 4. Offer an app to help track fitness goals and find participation locations. 5. Program advisor tracks participant's progress. 6. Seniors have access to special, age-appropriate classes. 7. Social activities included with the program. 8. Offers Silver Sneakers FLEX group classes (dancing, walking and outdoor activities). 9. Robust list of online classes. 	<ol style="list-style-type: none"> 1. Covered by Medicare Part C and many other Medicare Plans.

<p>Silver & Fit</p>		<ol style="list-style-type: none"> 1. Works w/ participants' lifestyle to ensure they lead an active life. 2. Website signup offers choice of fitness center close to participants. 3. Online health resources to assist in adherence to fitness journey. 4. Offers cardiovascular and strength training equipment. 5. Access to gym amenities, ie, whirlpools, pools and saunas. 6. Variety of approved exercise classes. 	<p>Covered by Medicare Part C but benefits vary depending on which Medicare Part C Plan.</p>
<p>Sit and Be Fit</p>	<p>https://www.sitandbenefit.org/</p>	<ol style="list-style-type: none"> 1. Chair exercise program for seniors; began in 1985 by registered nurse. 2. Program is offered to all PBS stations -- up to the individual station to decide if, when and how they air programs. 3. Two programs are available in Spanish with more coming in the near future. 	<ol style="list-style-type: none"> 1. Also offers streaming membership for \$7.99/month. 2. DVD sets are available for purchase and copies of favorite episodes can be burned and sold for \$15.95. 3. Office Depot and Staples sell the chair that is used on the program.
<p>Arthritis Foundation</p>	<p>https://www.arthritis.org/home</p>	<ol style="list-style-type: none"> 1. Some online videos 	<p>None</p>

Walk with Ease	https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-exercises	<ol style="list-style-type: none"> 1. Six week program by the Arthritis Foundation's self-guided, six-week program teaches how to make physical activity part of everyday life. Can be done alone or w/ a group. 2. Program includes a guidebook and walking schedule to get you moving safely toward better health. 3. Reduces pain and discomfort of arthritis; increases balance, strength and walking pace; builds confidence in ability to be physically active; improves overall health. 4. To participate in a group locate a Walk With Ease program in local community and use online tools as resources to accompany program. 5. To participate in program on your own purchase Walk With Ease Guidebook. 	<ol style="list-style-type: none"> 1. To complete program on your own purchase Guidebook for \$11.95 from www.AFstore.org
EnhanceFitness	https://projectenhance.org/	<ol style="list-style-type: none"> 1. Evidence-based group exercise and falls prevention program adults at to help levels at all levels of fitness become more active, energized, and empowered to sustain independent lives. 2. Relaxed atmosphere; hour-long class. 3. Focuses on older adults need to maintain health and function as they age: dynamic cardiovascular exercise, strength training, balance and flexibility. 4. Classes encourage social interaction and taught by certified instructor. 5. One hour class includes warm-up, 20-minute aerobic workout, 5-minute cool-down, 	<ol style="list-style-type: none"> \$\$\$ Amount not verified

20-minute strength training, 10-minute stretch, dynamic & static balance throughout.

6. Over 99% of participants say they would recommend classes to a friend.

7. The class is proven to improve physical function, decrease depression, protect against falls and fall injury, reduce medical care costs, decrease hospitalizations & mortality rates.

8. Target audience is adults and adults with arthritis.

NIH/NIA Go4Life
Go4Life youtube
channel

<https://www.nia.nih.gov/health/exercise-physical-activity>
<https://www.youtube.com/watch?v=G1lwVhnnkoU>

1. Encourages older adults to make physical activity part of their daily lives.

None