



# Welcome!

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A self-paced training for LIFT



# Reflections

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Reflect on your current practices regarding physical activity.



Why are you here? What do you wish to gain from this training?



What are you most excited about sharing with your community?

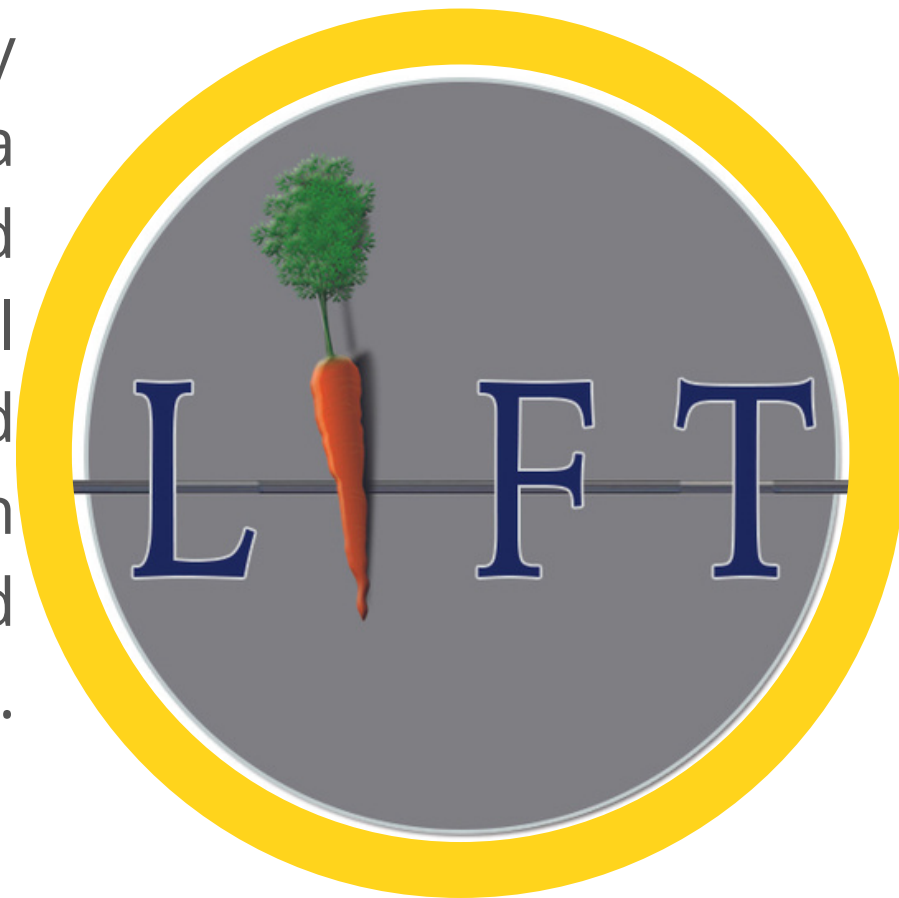


## Who we are

Hi! I'm Dr. Samantha Harden the principal investigator of LIFT.



The Physical Activity Leadership Team of Virginia Cooperative Extension and members of the Physical Activity Research and Community Implementation Laboratory have developed and tested LIFT since 2015.



## Our Vision And Mission

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We want to ensure you have all programming needs from social media posts to evaluation for successful delivery of this evidence-based program in your community.

# Overview of LIFT

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Physical Activity Research &  
Community Implementation (PARCI)  
Laboratory at Virginia Tech  
<http://www.parcilab.org>



# LIFT Goals

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A dynamic program that integrates behavior change principles for long-term physical activity and f/v consumption.



## PHYSICAL ACTIVITY

2 days of muscle strengthening activity.

150 minutes MVPA outside of class.

## COMMUNITY CONNECTION

Can help with motivation, social support, and compliance.



## FRUIT/VEGETABLE CONSUMPTION

Nourish your body with the recommended servings of fruits and vegetables.



# Your roadmap to instructing LIFT

Review the slide decks + recordings,  
complete competency checks

Submit a video (audio and visual) of  
you cueing all the exercises +  
strength and balance moves

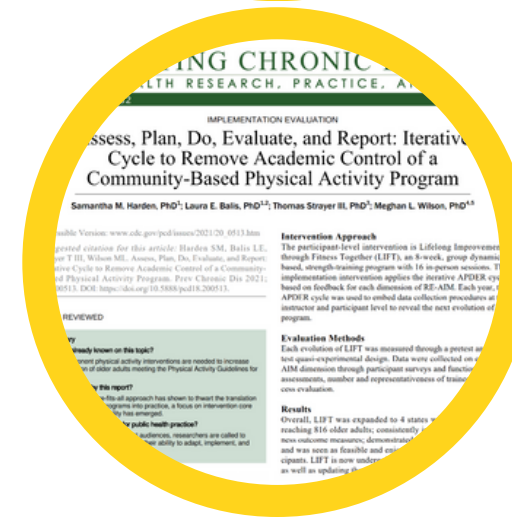
*Expectation: 6 hours*





# What we'll cover

The recorded training comes in four parts



## Physical Activity Guidelines for Americans

## LIFT background, evidence-base and history

## What it takes to deliver LIFT

## How to measure + share impacts of LIFT

# Part I: Physical Activity Guidelines





# Learning Objectives

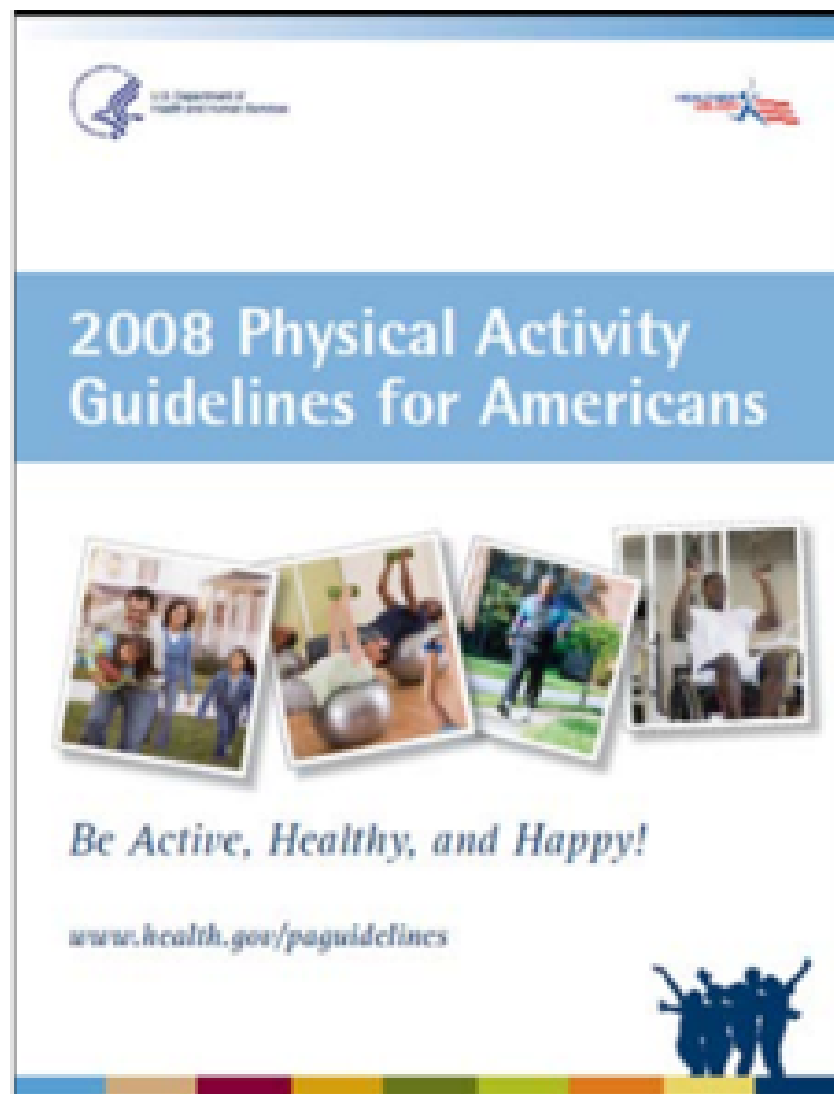
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- ✓ Understand the history and application of the Physical Activity Guidelines (PAG)
- ✓ Recall the PAG for adults and older adults



Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services (HHS)

Guidelines are **evidence-based**  
An external scientific advisory committee created a series of systematic reviews on the available literature related to physical activity and health





# Physical Activity Guidelines: Move Your Way



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**MOVE YOUR WAY**

**OLDER ADULTS**

## What's your move?

**Physical activity can make daily life better.**  
When you're active and strong, it's easier to:

- Do everyday tasks, like chores and shopping
- Keep up with the grandkids
- Stay independent as you get older

**And it has big health benefits, too.**

- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

# Physical Activity Guidelines: Move Your Way



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## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Break it up over the whole week however you want!

# Physical Activity Guidelines: Move Your Way

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## Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

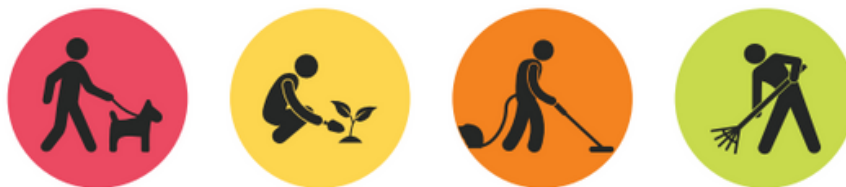
✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

## And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise



# Physical Activity Guidelines



## Key Guidelines for Older Adults

These guidelines are the same for adults and older adults:

- ✓ Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- ✓ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ✓ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Guidelines just for older adults:

- ✓ As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- ✓ Older adults should determine their level of effort for physical activity relative to their level of fitness.
- ✓ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- ✓ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

# Tips from the National Institute on Aging

**Virginia Cooperative Extension**

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Taking a **quick exercise break?**  
Try one of these ideas!

**NIH** National Institute on Aging



## Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.



## Flexibility

Stretching can improve your flexibility to make everyday activities easier.



## Balance

Balance exercises help prevent falls and can improve balance.



## Strength

Strength exercises can help you stay independent and prevent fall-related injuries.

 To learn more about exercise, visit: [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).





# Benefits of Physical Activity

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- ✓ Increased strength and balance.
- ✓ Decreased fall risk.
- ✓ Increased ability to participate in daily tasks.
- ✓ Improved cognitive function.
- ✓ Improved mental health.
- ✓ Increased community belonging.



# Summary

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Older adults need to engage in multi-component physical activity that includes strength training, balance, flexibility, and cardiovascular movement. LIFT is here to help!



# Part II:

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# History of LIFT





# Learning Objectives

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- ✓ Contextualize LIFT as a product of Strong Women, Strong Bone; Stay Strong, Stay Healthy; and Activity for the Ages.
- ✓ Understand and identify the core elements of the LIFT program (e.g., dose, behavioral strategies, exercise safety).
- ✓ Recall preliminary outcomes of LIFT (e.g., the evidence-based).





# Programs that Informed LIFT

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## **STRONG WOMEN, STRONG BONES**

Dr. Miriam Nelson, Tufts University. A two-stage, 12-week program developed for midlife and older women focusing on exercise and nutrition.



## **STAY STRONG, STAY HEALTHY**

Dr. Steve Ball, University of Missouri. A 10-week program developed to enhance the health and well-being of all middle-aged and older adults.



## **ACTIVITY FOR THE AGES**

Dr. Paul Estabrooks, Kansas State University. A 12-session program developed to promote physical activity for all older adults.



Article

## Use of an Integrated Research-Practice Partnership to Improve Outcomes of a Community-Based Strength-Training Program for Older Adults: Reach and Effect of Lifelong Improvements through Fitness Together (LIFT)

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**Abstract:** Only 17% of older adults meet the recommendations for two days of full body strength training that is associated with improved functional fitness; reduced risk of falls; and reduced morbidity and mortality rates. Community-based interventions are recommended as they provide supportive infrastructure to reach older adults and impact strength training behaviors. Scalability and sustainability of these interventions is directly linked with setting-level buy-in. Adapting an intervention through an integrated research–practice partnership may improve individual and setting-level outcomes. The purpose of this study was to evaluate the initial reach and effect of a locally adapted, health educator-led strength-training intervention; Lifelong Improvements through Fitness Together (LIFT). LIFT was compared to an evidence-based exercise program, Stay Strong; Stay Healthy (SSSH). Intervention dose and mode were the same for LIFT and SSSH, but LIFT included behavioral change strategies. Older adult functional fitness was assessed before and after the 8-week strength training intervention. Health educators who delivered LIFT and SSSH were able to reach 80 and 33 participants, respectively. Participants in LIFT were able to significantly improve in all functional fitness measures whereas SSSH participants were only able to significantly improve

# What were the adaptations?



Extension professionals wanted 1) to be able to discuss basic nutrition (f/v) information; 2) a focus on social support to reduce social isolation for older adults; and 3) ensure that participants seek to meet the MVPA part of the PAG as well



The results of this study indicated that older adult participants were able to significantly improve their functional fitness for strength, flexibility, aerobic endurance, agility, and dynamic balance.

# LIFT Core Elements

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HAVE FUN



STAY IN RANGE OF  
MOTION



DON'T USE  
MOMENTUM TO "GET  
TO THE EXERCISE"



ATTEND CLASS 2  
TIMES PER WEEK FOR  
8 WEEKS



TRACK AEROBIC  
ACTIVITY OUTSIDE OF  
CLASS



BUILD RELATIONSHIPS  
WITH PEERS



LEARN ABOUT  
RESOURCES IN THE  
COMMUNITY



MEASURE PROGRESS



# Did it work?

Significant improvements in all aspects of the functional fitness assessment

Functional Fitness Assessment	Baseline	Post-program (ITT)	Change scores
Sit and Stands M( $\pm$ SD)	10.58 ( $\pm$ 3.21)	13.07 ( $\pm$ 5.14)*	2.67 ( $\pm$ 3.73)*
Arm Curls M( $\pm$ SD)	13.89 ( $\pm$ 4.0)	17.65 ( $\pm$ 6.22)	3.65 ( $\pm$ 6.03)*
2-minute step test M( $\pm$ SD)	61.66 ( $\pm$ 30.0)	77.5 ( $\pm$ 30.0)	14.03 ( $\pm$ 16.71)*
Lower body flexibility M( $\pm$ SD)	1.74 ( $\pm$ 3.86)	-0.000 3( $\pm$ 2.96)	1.77 ( $\pm$ 2.97)*
Upper body flexibility M( $\pm$ SD)	-5.05 ( $\pm$ 4.93)	-4.2 ( $\pm$ 5.51)	1.24 ( $\pm$ 3.17)*
8-foot up-and-go M( $\pm$ SD)	7.68 ( $\pm$ 3.84)	7.02 ( $\pm$ 3.25)	-.065 ( $\pm$ 1.31)*
Composite balance score M( $\pm$ SD)	2.44 ( $\pm$ 1.3)	2.79 ( $\pm$ 1.5)	0.35 ( $\pm$ 1.18)*

IMPLEMENTATION EVALUATION

## Assess, Plan, Do, Evaluate, and Report: Iterative Cycle to Remove Academic Control of a Community-Based Physical Activity Program

Samantha M. Harden, PhD<sup>1</sup>; Laura E. Balis, PhD<sup>1,2</sup>; Thomas Strayer III, PhD<sup>3</sup>; Meghan L. Wilson, PhD<sup>4,5</sup>

Accessible Version: [www.cdc.gov/pcd/issues/2021/20\\_0513.htm](http://www.cdc.gov/pcd/issues/2021/20_0513.htm)

*Suggested citation for this article:* Harden SM, Balis LE, Strayer T III, Wilson ML. Assess, Plan, Do, Evaluate, and Report: Iterative Cycle to Remove Academic Control of a Community-Based Physical Activity Program. *Prev Chronic Dis* 2021; 18:200513. DOI: <https://doi.org/10.5888/pcd18.200513>.

PEER REVIEWED

### Summary

#### What is already known on this topic?

Multicomponent physical activity interventions are needed to increase the proportion of older adults meeting the Physical Activity Guidelines for Americans.

#### What is added by this report?

Because a one-size-fits-all approach has shown to thwart the translation of evidence-based programs into practice, a focus on intervention core elements and adaptability has emerged.

#### What are the implications for public health practice?

Based on the needs of different audiences, researchers are called to train and support delivery staff in their ability to adapt, implement, and evaluate community-based efforts.

### Abstract

### Intervention Approach

The participant-level intervention is Lifelong Improvements through Fitness Together (LIFT), an 8-week, group dynamics-based, strength-training program with 16 in-person sessions. The implementation intervention applies the iterative APDER cycle based on feedback for each dimension of RE-AIM. Each year, the APDER cycle was used to embed data collection procedures at the instructor and participant level to reveal the next evolution of the program.

### Evaluation Methods

Each evolution of LIFT was measured through a pretest and post-test quasi-experimental design. Data were collected on each RE-AIM dimension through participant surveys and functional fitness assessments, number and representativeness of trainees, and process evaluation.

### Results

Overall, LIFT was expanded to 4 states with 275 instructors, reaching 816 older adults; consistently improved functional fitness outcome measures; demonstrated strong program adherence; and was seen as feasible and enjoyable by instructors and participants. LIFT is now undergoing adaptations for virtual delivery as well as updating the exercise protocol to introduce yoga pos-

# Going forward



Ongoing adaptations necessary at the educator and state level based on need and target population.



Aim to remove academic control by providing an open-access program repository that includes materials on how to be a state administrator, how to provide training, and how to deliver and evaluate LIFT.



# Summary

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LIFT is an 8-week strength-training program can significantly improve the strength, flexibility, agility, dynamic balance, and aerobic endurance of older adults.

**+4000**

Participants since 2015





# Part III: Delivering LIFT





# Learning Objectives

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- ✓ Perform the LIFT exercises (balance, strength, flexibility).
- ✓ Facilitate communication among participants during class.
- ✓ Implement seamless inclusion of group dynamics principles.







# Leadership 101

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- ✓ Communication
- ✓ Individual Attention
- ✓ Provision of Choice
- ✓ Fostering the Social Environment





# Our Training Program

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- ✓ Safety
- ✓ Program Sustainability
- ✓ Individual Behavior Change
- ✓ Group Dynamics-Based Behavior Change

# Session 1

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## SESSION 1

### Session Objective:

- Introduction to program components
- Introduction to group members

### Preparation:

- Chairs for each participant
- Weights for instructor only
- Remind participants to bring water and a regular-sized bath towel
- Print Physical Activity (PA) and Fruit/ Vegetable (F/V) trackers for everyone
- Read through Orientation

### Session Outline:

- Orientation overview (10 minutes)
- Warm-up: Active name game (15 minutes)
- Demonstration of 8 exercises with no weights (25 minutes)
- Cool down and stretch (5 minutes)
- Homework and Reminders (5 minutes)

### Group Activity: Active Name Game

All participants should stand in a circle. Facilitator should instruct group members to begin walking in place. Ask the group for volunteers for the first few rounds of this activity beginning with the facilitator. Each participant creates a movement that alliterates with their name (e.g., High-knees Henry, Jumping Jane). Each time a person introduces himself or herself, the entire group says their name and performs the exercise given. This is a great warm-up for participants to begin moving and getting to know one another.

### Homework/Reminders:

- First week of class: you may feel sore in some muscle groups that you have not exercised lately. Be sure to keep moving.
- We encourage accumulating up to 30-minutes of walking this week.
- Be sure to remind participants to begin tracking their activity on your PA and F/V consumption.
- We'll be creating a group name. Begin thinking of group names and we'll decide at the beginning of class next week.
- See you on (day) at (time)!



# Adaptable Practice

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The LIFT program allows for adaptability. You can do this program anywhere with 2 dumbbells(5-8 lbs), a chair, and a smile!



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# Session 2

### Session Objective:

- Continued group development
- Establish group name (build group distinctiveness)
- Introduction to 'More Matters' fruits and vegetables

### Preparation:

- Chairs for each participant
- Weights for instructor and participants (at their own discretion.)
- Remind participants to bring water and a regular-sized bath towel
- Print, "I Can, I Will, I Must" cards for all participants (each participant receives one card)

### Session Outline:

- Warm up: **Brainstorm and decide on group name:** (ex. Aged Avengers, Gladiators, etc.) while doing warm up exercises
- Be sure to have group walking in place to keep their bodies moving!
- 8 full body exercises (follow class guide) – Discuss **Nutrition Basics** while class is completing the exercises.
  - *Reminder:* 2 counts up, 4 counts down, **without** weights for those who were previously sedentary (45 minutes)
- Cool down (5 minutes)
  - Discuss and complete phone tree (**Group Activity**)

### Group Activity: Phone tree

Ask participants to share their first name and best contact method (phone or email) on a class roster. Assign people to call someone when/if an individual misses class without a known absence (this develops a 'role' for the individual who makes the call and a sense of accountability for the individual who was called).

### Nutrition Basics (example):

- Be sure to drink water before, during, and after all sessions.
- We encourage the consumption of fruits and vegetables. Try replacing one sugary or salty snack with a cup of fruits or vegetables.

### Homework/Reminders:

- First week of class: you may feel sore in some muscle groups that you have not exercised lately. Be sure to keep moving.
- We encourage accumulating up to 30-minutes of walking this week as well as one day of practicing the class exercises on your own, without weights.
- Have participants take home and fill out their first "I Can, I Will, I Must" cards. Encourage them to place them somewhere in their house that they will see it everyday (i.e. bathroom or bedroom mirror, front door, above the kitchen sink, etc.)
- We will be decide on a group goal next week.
- Be sure to track your activity and fruit and vegetable consumption.
- See you on *(day)* at *(time)*!



## EXERCISE FLIP CHART



WIDE LEG SQUAT



STANDING LEG CURL



KNEE EXTENSION



SIDE HIP RAISE



BICEPS CURL



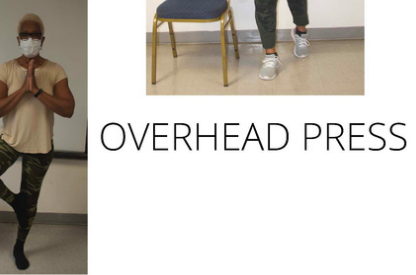
OVERHEAD PRESS



SEATED ROW



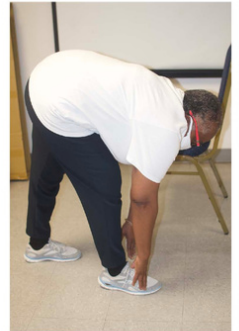
TOE STAND



TREE STAND



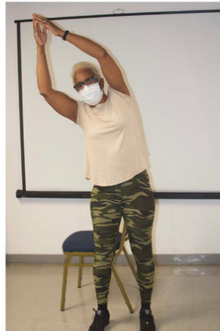
SEATED FIGURE FOUR



PYRAMID



HALF MOON



BACK SCRATCH STRETCH

## “I Can, I Will, I Must” Cards and Examples

<p><b>I Can:</b> Individual goal - I can increase my weights over the length of the sessions</p> <p><b>I Will:</b> Group goal - I will attend 80-90% of all sessions and participate in phone tree</p> <p><b>I Must:</b> Long term goal - continue seeing progress even after sessions are completed</p>	<p><b>I Can:</b> short-term goal</p> <p><b>I Will:</b> Long term goal</p> <p><b>I Must:</b> Positive or encouraging words to self (i.e. I must succeed, I must push myself a little harder, I must tell myself I can do it everyday, etc.)</p>
<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>	<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>
<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>	<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>






60 Minute Workout V2



Share



Watch on  YouTube



# Part IV: Evaluating + Sharing Impacts of LIFT





# Learning Objectives

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- ✓ Assess functional fitness of participants.
- ✓ Understand and communicate the importance of evaluation for participant compliance and program evolution.
- ✓ Measure LIFT impacts.
- ✓ Engage in shared use agreements for maintenance.





## Functional Fitness Testing

Date: \_\_\_\_\_

First three letters of first name				
First three letters of last name				
Two digit month of your birth				
Two digit day of your birth				
First four letters of your county				
State Abbreviation				
Pre Program	Post Program	6 Month		
Instructor				
Person completing assessment				
Exercise	Scoring			
<b>Balance Station</b>	<b>Out of 10</b>			
1. Mountain Pose	1. Seconds _____			
2. Tandem Stand	2. Seconds _____			
3. One-Legged Stand	3. Seconds _____			
4. Tandem Stand w/ eyes closed	4. Seconds _____			
5. Tandem Stand w/ eyes closed & head turning	5. Seconds _____			
6. One-Legged Stand w. eyes closed	6. Seconds _____			
30-Second Chair Stand	Trial 1:	Trial 2:		
Biceps Curl Arm (L) or (R): _____	Trial 1:	Trial 2:		
2 Minute Step Test	Height of each step:	Number of steps:		
Chair-Sit-and-Reach Leg (L) or (R): _____	Trial 1: + _____ - _____	Trial 2: + _____ - _____		
Back Scratch Top arm Leg (L) or (R): _____	Trial 1: + _____ - _____	Trial 2: + _____ - _____		
8 Foot Up-and-Go	Trial 1:	Trial 2:		

Notes/modifications/injuries

# Functional Fitness Assessment

15 minutes

Group or individual

# Data Management

Evaluation and tracking is imperative not just to keep records, yet self reporting allows for awareness and accountability for participants.



Pre-Program Survey

\_\_\_\_\_ (of your name, last 4 digits of phone number)

County: \_\_\_\_\_

Tell us about you:

Age: \_\_\_\_\_

Your Height: \_\_\_\_\_ Feet \_\_\_\_\_ Inches

Your Weight: \_\_\_\_\_ pounds

Are you?  Male  Female

Do you consider yourself to be Hispanic or Latino?  Yes  No

Please indicate which of the following best describes you (check all that apply)

White or Caucasian

Black or African American

Asian

American Indian/Alaskan Native

Native Hawaiian or Other Pacific Islander

Not sure

Other: \_\_\_\_\_

Have you participated in a Cooperative Extension program previously?

Yes  No

Did you participate in the LIFT program previously?

Yes  No

In general, compared to other persons your age, how would you rate your health?

Extremely healthy  Somewhat healthy  Not healthy  Very unhealthy  Don't know

How were you recruited to the LIFT program?

Newspaper  Friend  Family

Online  Extension Specialist  Care Coordinator

Other  Community Newsletter  Other \_\_\_\_\_

Functional Fitness Test

First three letters of first name	
First three letters of last name	
Two digit month of your birth	
Two digit day of your birth	
First four letters of your county	
State Abbreviation	
Pre Program	P
Instructor	
Person completing assessment	
<b>Exercise</b>	
<b>Balance Station</b>	
<ol style="list-style-type: none"> <li>Mountain Pose</li> <li>Tandem Stand</li> <li>One-Legged Stand</li> <li>Tandem Stand w/ eyes closed</li> <li>Tandem Stand w/ eyes closed &amp; head turning</li> <li>One-Legged Stand w. eyes closed</li> </ol>	
30-Second Chair Stand	
Biceps Curl	
Arm (L) or (R): _____	
2 Minute Step Test	
Sit-and-Reach	
(R): _____	



# Data Management

## LIFT INDIVIDUAL LOG: PHYSICAL ACTIVITY & FRUIT/VEGETABLE CONSUMPTION

Name: \_\_\_\_\_ LIFT Leader: \_\_\_\_\_

Directions: every day, circle the minutes and type of physical activity as well as your servings of fruits and vegetables consumed. For example, if you biked for ten minutes you would circle 10 and the bike icon.

	WEEK # _____				WEEK # _____			
	Veggies	Fruit	Activity	Minutes	Veggies	Fruit	Activity	Minutes
Monday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Tuesday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Wednesday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Thursday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Friday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Saturday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
Sunday			   Other	0 25 5 30 10 30+ 15 20			   Other	0 25 5 30 10 30+ 15 20
<b>Total:</b>								

# Telling the full story Other relevant data





## Beyond Evaluation: Using the RE-AIM Framework for Program Planning in Extension

### Abstract

Extension professionals need to apply sound frameworks to program planning and evaluation in order to demonstrate strong population health impact and value. Pragmatic application of the RE-AIM (reach, effectiveness, adoption, implementation, maintenance) framework addresses the "who, what, when, where, how, and why" of a program's implementation. This article suggests pragmatic questions and example applications for each of the RE-AIM dimensions specifically for Extension professionals. This adapted RE-AIM tool can help Extension practitioners in all disciplines better plan and evaluate their programs and demonstrate the public value of Extension.

**Keywords:** [RE-AIM](#), [health](#), [program planning](#), [equity](#), [public value](#)

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The Cooperative Extension System has a long history of building community trust and responding to community needs (North Central Cooperative Extension Association, 2015; Rasmussen, 2002). In spite of its community ties and impacts on health behaviors, the system continues to function as one of the nation's "best kept secrets." This lack of recognition could be detrimental, as public perception of Extension and the measurable impact the system has on population health are tied to funding streams and decision making

# RE-AIM as a framework

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RE-AIM helps to provide a framework for the Reach, Effectiveness, Adoption, Implementation, and Maintenance of a program. We can then supplement specific measures to evaluate the programs we offer.

# View LIFT through the lens of RE-AIM

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LIFT is available for all aging adults, with a focus on expanding **REACH** of Extension Programs.



LIFT combines **EFFECTIVE** evidence-based behavior change strategies and best practices for exercise physiology.



Anyone who attends the 6 hour training, completes the action plan, and receives a training certificate can **ADOPT** LIFT.



LIFT adaptations must be reported in the process evaluation for strong **IMPLEMENTATION**.





# RE-AIM for LIFT

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## Reach

*How do I reach the targeted population?*



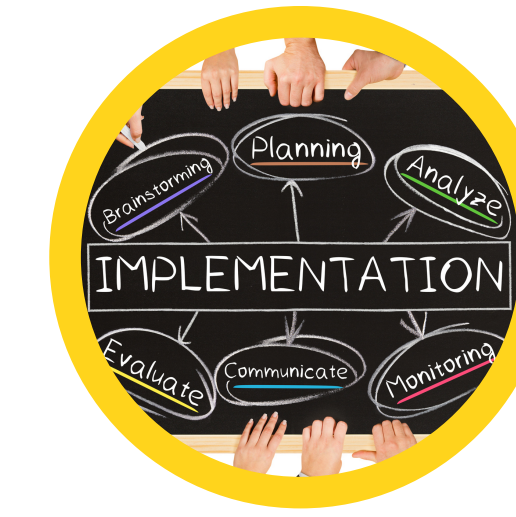
## Adoption

*How do I develop organizational support to deliver my intervention?*



## Effectiveness

*How do I know my program is effective?*



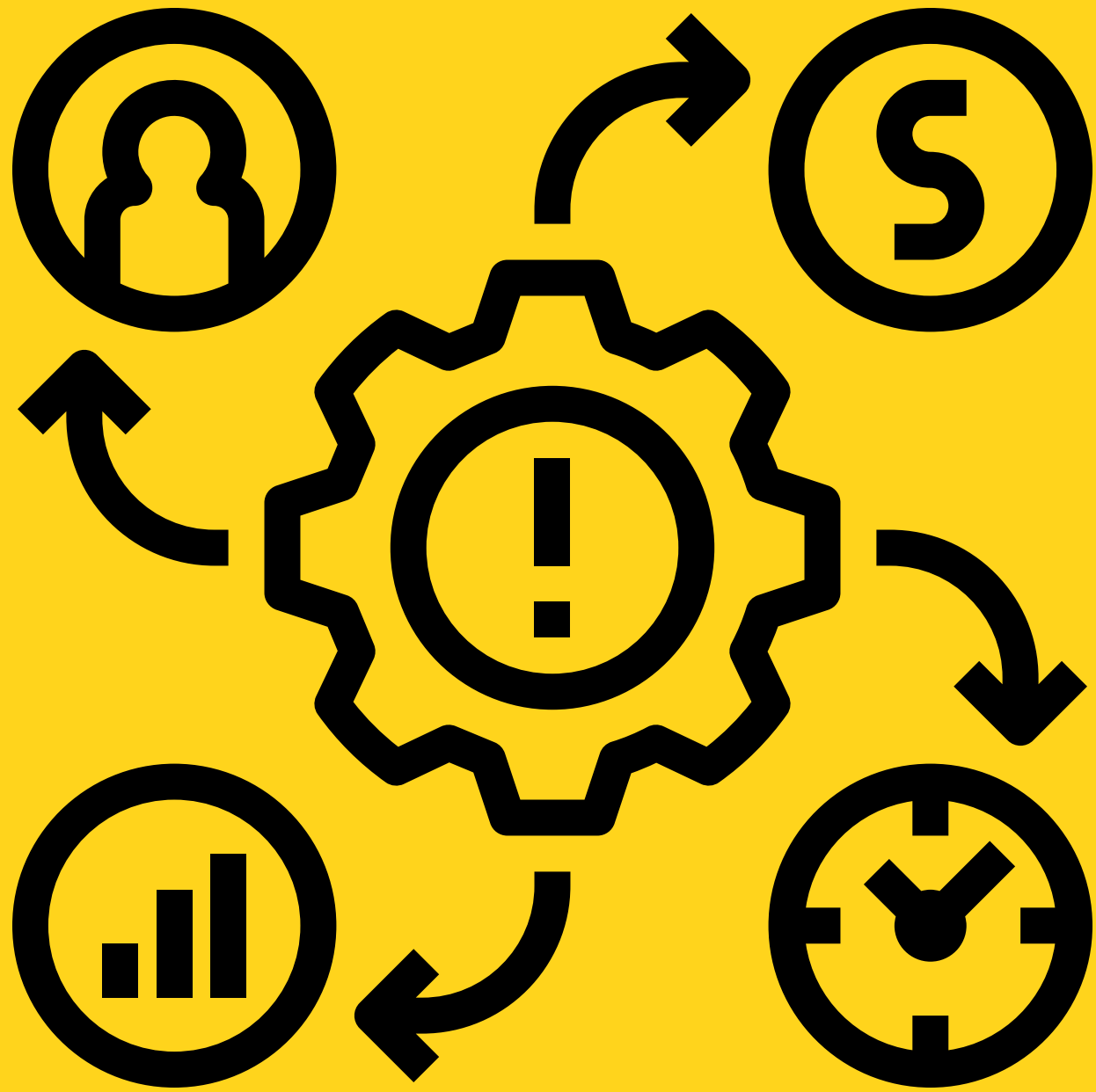
## Implementation

*How do I ensure the intervention is being delivered correctly?*



## Maintenance

*How do I incorporate the intervention so it is delivered over the long-term?*



# Impact Statements

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Importance and Practice

- Why are they important?
- Two statements about each scenario that you can infer from the information provided.
- Two actionable steps to take to improve programming for each scenarios.

# Scenario #1

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*One instructor ran 3 LIFT programs - Winter, Spring, and Fall.*



*Between 10 to 15 participant in each session (20 unique participants).*



*All showed significant gains in strength and balance while most individuals showed positive positive gains in cardiovascular fitness as well.*





## Scenario #2

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- ✓ Your state ran a total of 22 programs during the year.
- ✓ Reaching 250 participants.
- ✓ 85% showed gains in Strength.
- ✓ 60% showed gains in Balance.
- ✓ 75% showed gains in Cardiovascular Strength.



## Scenario #3

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- ✓ Your state ran 50 programs of LIFT.
- ✓ That reached 300 unique participants.
- ✓ 90% showed gains in Strength.
- ✓ 10% showed gains in Aerobic fitness.
- ✓ 25% showed gains in Balance.
- ✓ 5% showed gains in Flexibility.





A team building program to promote physical activity in older adults



## Resources

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Start to explore the LIFT program website





# Everything you need to get started

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Recruitment language  
Social media prompts  
Training volunteers  
Evaluation

## Explore

Scavenger Hunt:





# Individual Goals

## “I Can, I Will, I Must” Cards and Examples

<p><b>I Can:</b> Individual goal - I can increase my weights over the length of the sessions</p> <p><b>I Will:</b> Group goal - I will attend 80-90% of all sessions and participate in phone tree</p> <p><b>I Must:</b> Long term goal - continue seeing progress even after sessions are completed</p>	<p><b>I Can:</b> short-term goal</p> <p><b>I Will:</b> Long term goal</p> <p><b>I Must:</b> Positive or encouraging words to self (i.e. I must succeed, I must push myself a little harder, I must tell myself I can do it everyday, etc.)</p>
<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>	<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>
<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>	<p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>

## EXAMPLE GROUP GOALS FOR LIFT

Group goal setting is a powerful behavior change strategy. It allows individuals to identify where they are on their health journey, and where they can be at the end of the eight-week program.

As the LIFT facilitator, you can share strengths and weaknesses identified by the group and/or share information about recommendations (e.g., recommendations for aerobic exercise or fruits/vegetables).

### Example:

Let's be S.M.A.R.T. about our goals. S.M.A.R.T. goals started in worksite settings, but have been applied to changing healthy behaviors. Since its inception in the 1980s, S.M.A.R.T. goals have stood for a number of things and have even been expanded to S.M.A.R.T.S. goals as well.

For LIFT, the acronym stands for:

- S – Specific
- M – Measurable
- A – Attainable
- R – Realistic
- T – Time-bound
- S – Shared

## INDIVIDUAL GOALS

Instead of:

"I am going to be more active."

Consider changing to:

"I am currently doing about 10 minutes of walking per day, but I just learned I should be getting about 30 minutes of aerobic activity each day... and do two days of strength training. It seems a bit overwhelming to get to 30 minutes a day, right now."

"Each week, for the next four weeks, I will DOUBLE my walking time to 20 minutes of activity per day."

# Group Goals

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Set goals for your group.  
Remember to check in with these goals and adapt as needed.



## GROUP GOALS

### Group Dynamics/Cohesion

- Everyone remembers everyone's name by the end of the program.
- Everyone shares a walk with at least five people in the group.
- Everyone attends at least 14 of the 16 sessions.

### Fruits and Vegetables

- Everyone consumes one more vegetable serving per day than currently eating.
- Everyone eats at least one fruit and one vegetable serving per day.
- Everyone eats the recommended fruits and vegetable servings, three days a week.
- Everyone eats the recommended fruits and vegetable servings every single day.

### Cardio

- Everyone will try five new forms of cardio training.
- Everyone will work to raise their heart rate 20 beats per minute above their resting heart rate for five minutes daily.
- Everyone will add one day of intense cardio a week, moving to the point where talking and moving together is challenging.

### Strength Training

- Each person will increase their arm weights during the 16 sessions.
- Each person will increase their muscle controlled range of motion (no momentum) in their legs.
- Each person will include core strength while using weights.

# Group Goals

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Set goals for your group.  
Remember to check in with these  
goals and adapt as needed.

# Reflection

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**What's new and exciting about LIFT?**

- 1.
- 2.
- 3.

**What aspects of LIFT does your community need the most?**

- 1.
- 2.
- 3.

Lifelong  
Improvements  
through Fitness  
Together  
**LIFT**

**How will LIFT expand and strengthen your community?**

- 1.
- 2.
- 3.



# Program Delivery Action Items

Set yourself up to succeed with LIFT in your community!

**Marketing/Rebranding LIFT Program**

I can:

I will:

I must:

**Extend program reach to those most in need**

I can:

I will:

I must:

**Data Reporting**

I can:

I will:

I must:

**Potential Barriers to Success**

**Actions to minimize barriers to success.**







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# Wrap Up + What's Next

