

Franklin County Grant Renewal Proposal

Problem Statement

As more and more Americans age, they are confronted many times with the question of being able to carry on their lives the way they did when they were younger. Unfortunately, many find themselves losing strength and thinking it's just part of aging. And that perceived notion could not be farther from the truth.

In a November 2016 article on senior health, entitled "How To Improve Your Strength," the National Institute on Aging states that "even very small changes in muscle strength can make a real difference in function, especially in people who have already lost a lot of muscle. An increase in muscle that you can't even see can make it easier to do everyday things like get up from a chair, climb stairs, carry groceries, open jars, and even play with your grandchildren. Lower-body strength exercises also will improve your balance."

This is the same position the Columbus Recreation and Park's Senior Fitness Program has taken for the many years we have been in existence. We strive to help seniors maintain their health so they can continue to live an independent and productive life. The aim of our fitness programs is to provide fitness opportunities for Central Ohio senior citizens, allowing them to experience a comfortable place to learn and practice a healthy lifestyle in their own neighborhoods.

Since 1963 the Columbus Recreation and Parks Department has been offering health and wellness programs to the seniors of Central Ohio to improve their overall general health and well-being. Partnering with agencies such as Franklin County Office on Aging, Central Ohio Area Agency on Aging, LifeCare Alliance, and The Ohio State University Extension Office, we continue to educate and encourage seniors to strive for a better quality of life.

Project Goals and Methodology

With the help of our partners our goal is to help seniors improve their functional fitness through classes and programs designed to teach them the importance of exercise and nutrition, which will give them better control of their overall health.

They will be instructed on how to use exercise techniques and fitness equipment to increase their strength, flexibility, and cardio conditioning. This will include working with a personal trainer in our fitness rooms, participating in group fitness classes such as aerobics, Yoga, and Tai Chi and participating in educational classes on subjects such as nutrition and balance at the following centers that have senior programs:

Dodge Recreation Center 667 Sullivant Ave. Cols. OH 43215
Gillie 50+ Recreation Center 2100 Morse Rd. Cols. OH 43229
Marion Franklin Recreation Center 2801 Lockbourne Rd. Cols. OH 43207
Martin Janis 50+ Recreation Center 600 E. 11th Ave. Cols. OH 43211
Whetstone Recreation Center 3923 N. High St. Cols. OH 43214

This project will serve at least 500 clients.

Evaluation of Project

Seniors participating in the fitness room program will be able to demonstrate to their instructors that they can exercise in a safe and effective manner. They will demonstrate how to operate cardio and resistance machines, they will also demonstrate the proper way to lift free weights and to use steps, fitballs and resistance bands. 98% of the participants are expected to graduate.

Group fitness class participants will fill out a survey at the end of the year which will ask them if they find the class instruction effective and whether they feel there has been a positive improvement in their physical conditioning. 80% of class participants will report an improvement in their physical condition and/or an increase in their physical activities. This will be done with a written evaluation or survey.

75% of the class will report that they have learned something new and/or valuable they did not know before they participated in the program. This will be done with a pre/post evaluation or survey.

Funding Source Recognition

Recognition of our funding source will be displayed on all forms produced by this project such as flyers and evaluations tools. It will also be displayed in our newsletter advertising the project classes and programs and in our fitness rooms.