

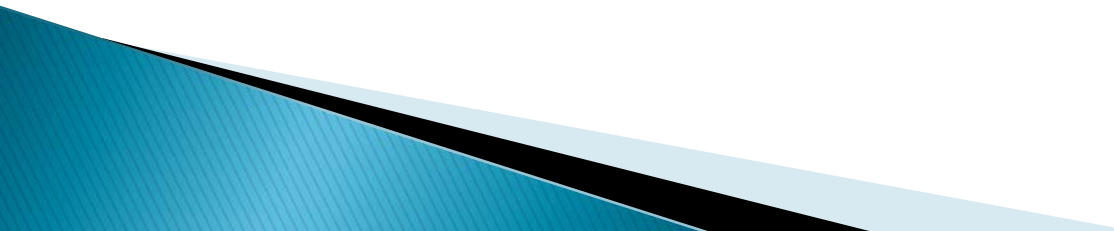
Healthy Moves

Elaine Adams

Leaders in Health

November 16, 2017

Project Background

- ▶ RN, Exercise instructor and “Fit for Life” Champion/Ambassador
 - ▶ Healthy Moves
 - 5-week pilot program
 - Meets twice a week
 - Designed to promote health and wellness through exercise classes, nutritional awareness, and guest speakers such as dieticians and physical therapists.
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Aims & target population

- ▶ Aim: To improve self-reported health and wellness and physical activity
 - Secondary Aim: To improve blood pressure, heart rate, strength, flexibility, and endurance
- ▶ Target Population: Roxbury Tenants of Harvard (RTH) Residents
 - 55 years+ (Seniors)
 - Racial/ethnic diverse
 - Various levels of physical activity

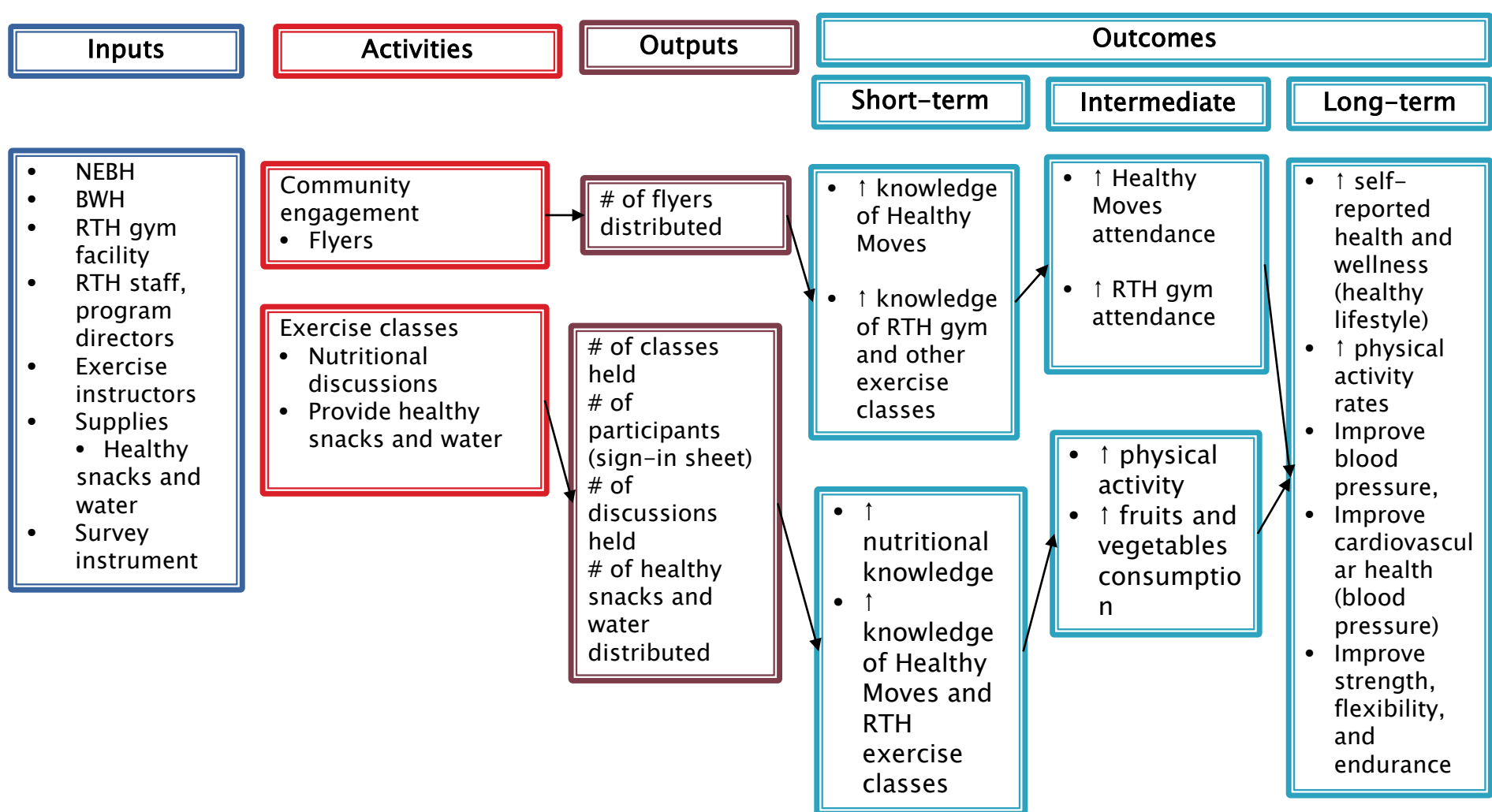
Key activities & outcomes

Activities:

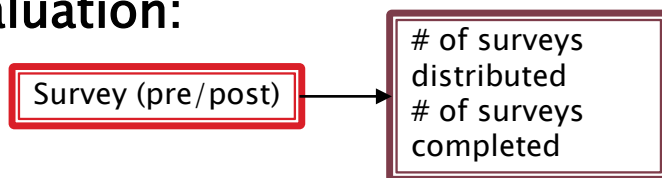
- ▶ Marketing–flyers for Healthy Moves
- ▶ Offer Healthy Moves Classes
 - Provide Healthy snacks and water
 - Nutritional Discussion
- ▶ Survey
 - Pre/Post Week 1 and week 5

Outcomes:

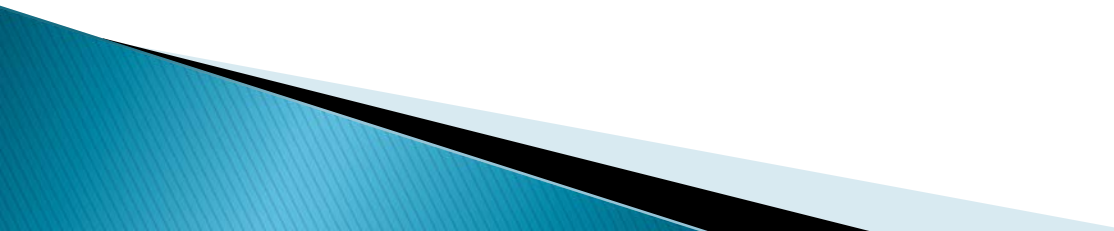
- ▶ Improve self–reported health and wellness
- ▶ Increase physical activity, nutrition knowledge and RTH gym attendance



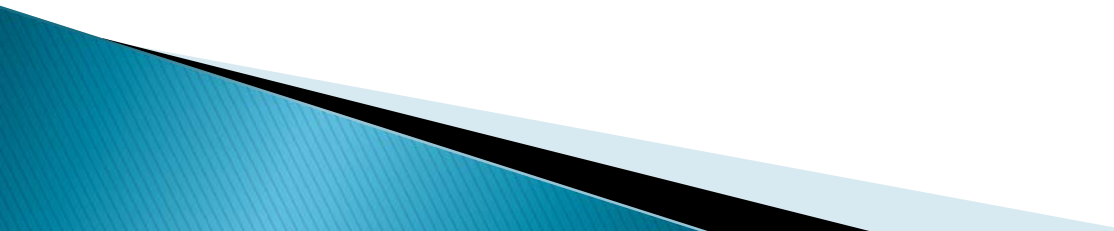
Impact Evaluation:

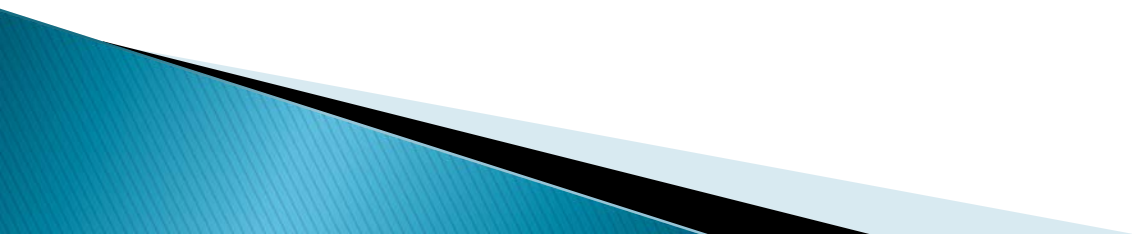


Healthy Moves

- ▶ Change tool key strategies
 - Education and Communication
 - Facilitation and Support
 - ▶ Meeting 2x month with Program Directors
 - ▶ Working with Lauren to create surveys
 - ▶ Attending senior fitness classes
 - ▶ Obtain CEU in Senior Fitness
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Conclusion

- ▶ Healthy Moves will start January 15, 2018
 - ▶ Leaders in Health
 - Nice to meet neighbors and other leaders
 - Learn about different programs
 - Awareness of public health
 - ▶ Thank you
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Social Ecological Model

