

### **Body Recall Program**

Body Recall is a physical fitness program for adults who wish to improve muscle tone and flexibility or for persons in a recuperative phase. The exercises learned in Body Recall, however, should not replace therapeutic exercises prescribed for you by a therapist. Instructors are required to undergo a special Body Recall instructor-training workshop in order to conduct classes. The Leadership Training consists of a 5 day training in Berea. For more information on Body Recall, contact Becky Baker, Body Recall at (859) 986-2181. [www.bodyrecallinc.org](http://www.bodyrecallinc.org)

### **Strong Women Exercise Program**

The Strong Women Program is an evidence-informed community-based strength-training program developed by the staff of the Hancock Center at the Friedman School. The primary objective of the Strong Women Program is to help implement safe and effective strength training programs for midlife and older women. The Strong Women Workshop and Strong Women Tool Kit are the training and implementation tools for the Strong Women Program. Program leaders are trained at the Strong Women Workshop. They receive the Strong Women Tool Kit and subsequent support to implement the program in their communities. The Toolkit works in a stepwise fashion covering topics ranging from program promotion, when to gain medical clearance, to a comprehensive exercise prescription and easy-to-use nutrition information for older adults. In addition to containing all of the information and resources a community would need to begin and maintain the Strong Women program, the Toolkit also provides information on fostering leadership and developing community projects such as working with local agencies to make neighborhoods more conducive to physical activity initiatives, such as an older adult walking program.

For more information about the program, visit the Web site:

<http://jhcpn.nutrition.tufts.edu/programs/strongwomen> or  
[http://www.cdc.gov/pcd/issues/2008/jan/06\\_0165.htm](http://www.cdc.gov/pcd/issues/2008/jan/06_0165.htm)

Contact Jennye Grider for more information at 502-564-7996 X 3795 or

[Jennye.Grider@ky.gov](mailto:Jennye.Grider@ky.gov)

### **Tai Chi**

Tai Chi is a form of exercise that originated in China. Recently it has been shown to be an effective part of an exercise regimen for older adults, increasing flexibility, posture, and strength ( Journal of the American Geriatrics Society. 1996 May 44(5): 489-97). The exercises of Tai Chi have been shown to increase flexibility, muscle strength, and overall fitness. Each of these components is an important element of care for someone with arthritis or an unsteady gait.

- Tai Chi exercises are gentle
- Tai Chi exercises all joints and muscles of the body
- Tai Chi is easy to learn and requires no special equipment

For more information on Tai Chi, visit:

<http://www.arthritis.org/tai-chi.php>

<http://www.mayoclinic.com/health/tai-chi/SA00087>

**A Matter of Balance** (Strategy 309)

A Matter of Balance: Managing concerns about falls is a research-based program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. This program uses trained facilitators (called “coaches”) and a defined framework that is highly interactive, focuses on building skills, sharing experiences, and support. A Matter of Balance is a structured group intervention that utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to learn fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training.

All classes are taught by two “coaches” who conduct the class which consists of eight two-hour sessions for groups of 10 to 12 participants. This program can be implemented in a variety of places including: the health department, within faith-based communities, senior citizen centers, or community facilities.

Kentucky has trainers available who can train coaches from your community. For more information on this program [http://www.mainehealth.org/mh\\_body.cfm?id=432](http://www.mainehealth.org/mh_body.cfm?id=432)

Communities are highly encouraged to partner with local senior centers on this program. For more information on Matter of Balance or to become a trained coach, contact Jennye Grider at 502-564-7996 ext. 3795.