



Additional Info for NRPA's Healthy Aging in Parks Program

Program Recommendation Continuum – From frail to fit

Target Audience – Older adults and people aging with disability
NCHPAD supplemental Inclusion Guide for EnhanceFitness published in 2021

Program Duration – Data is collected at the start of the program and again in 4 months. Class can be run in 16 wk. sessions. Majority of delivery is ongoing.

Mode of Delivery and Class Sizes –

In Person class Maximum of 25 with assistant

Interactive Video-Conference class Maximum of 12 with technology assistant

Participant Equipment Requirement –

One set of cuff weights per participants. EF has a wholesale agreement with All- Pro to support reduced pricing.

Licensing –

Detailed information at <https://projectenhance.org/ef-program-cost/>

Tools and Available Resources – Ongoing program and data management support including program updates, moderated instructor forum, marketing, insurance reimbursement support and more available through www.projectenhance.org