

Leader TOOLS

Keeping participants focused
on positive lifestyle choices

4th Quarter
October-November-December

Observances & Resources

OCTOBER 12-20

BONE AND JOINT HEALTH ACTION WEEK

The US Bone and Joint Initiative has designated October 12-20 as an annual observance to recognize various disorders including arthritis, osteoporosis, and back pain. With planned themes and related activities, you can help raise global awareness on prevention and disease management. There are also designated days within the action week including World Arthritis Day (October 12) and World Osteoporosis Day (October 20). Looking for ideas for your Health Education? Here are some of the statistics reported at the Bone and Joint Initiative website (www.usbji.org):

- Worldwide, bone and joint conditions are the most common cause of severe long-term pain and physical disability.
- More than 50% of Americans over 18 years of age are affected by musculoskeletal conditions.
- The global prevalence of musculoskeletal conditions is expected to increase do to the increased life expectancy and changes in risk factors.

NOVEMBER – AMERICAN DIABETES MONTH

Did you know that 1 in 11 Americans has diabetes? Did you also know that there is a connection between diabetes and rheumatoid arthritis (RA)? According to WebMD (www.webmd.com), having one condition may mean that you will be more likely to develop the other. Research has shown that RA raises the risk for diabetes by approximately 50%; diabetes raises the risk of having arthritis (including RA and arthritis-related concerns) by about 20%. Nearly half of American adults who have diabetes also have arthritis. The American Diabetes Association (www.diabetes.org) recognizes November as the time to put more emphasis on diabetes awareness, and provides a wide range of free resources including fact sheets, newsletters, posters and social media messages.

DECEMBER 2-8

NATIONAL INFLUENZA VACCINATION WEEK

Myth or Truth? Does having arthritis put you at greater risk for developing a cold or the flu? The Arthritis Foundation confirms this as true! Those with inflammatory types of arthritis, such as RA, have a greater risk because both the disease and some of the treatments interfere with the immune system. Unfortunately, this also makes the individual more vulnerable for complications, such as pneumonia. People often believe that it is not safe to have a flu shot if they have RA, but the Arthritis Foundation dispels this as a myth because the shot contains inactive virus. However, people with autoimmune forms of arthritis or otherwise have compromised immune systems should avoid the nasal-spray version of the flu vaccine because it contains live virus.

Click here
to find more
interesting
facts vs. myths
to share with
your classes

4th Quarter
October-November-December



Resource provided by the
Aquatic Exercise Association
www.aeawave.com
912.289.3559



TRAIN THE BRAIN

Neurobics may be one of the optional class activities, but it is one most everyone needs... and enjoys. Keep class participants moving, thinking and interacting with these ideas.

Katrien Lemahieu, Program Leader Trainer from The Netherlands.

CLOCKWORK: My classes enjoy activities that are built around the numbers on a clock, which can be adjusted for either land-based or aquatic formats. Here are two of the drills:

- 1 I ask participants to start in the middle of an imaginary clock and follow my cues to move to the next number – walk forwards to 12, walk backwards to 3, side step diagonally left to 7, etc. They have to listen, process the information, and perform the activity.
- 2 Again, beginning from the middle of the clock, I ask participants to perform either a heel touch or toe touch depending upon the number. As an example, cue right foot to 2 & 7. This would involve a heel touch to 2 and a toe touch to 7. To increase the neurobic level, have them perform the opposite (mirror image) move with the left foot; this would be a heel touch to 10 and a toe touch to 5.

For seated exercise options, have participants imagine the clock on the wall and do arm reaches toward the number you cue; make it more challenging by calling one number for right and one for left, such as “Right – 4, Left – 11”.

MEMORY MOVES: Teach 4 exercises and assign numbers 1-4. Here is an example of elbow and shoulder exercises: FORWARD ARM REACH (1), DOOR OPENER (2), THE HUG (3), and SELF BACK RUB (4). Then perform the exercise based upon the number you cue, rather than the exercise name. For more challenge, “Show me exercise 5 minus 3” (meaning they need to perform exercise 2 or DOOR OPENER). Similarly, you can teach 4 exercises during the warm-up and then return to the sequence later during the class. Can they remember the order of the exercise?

Pam DeCourcy, Program Leader Trainer

TRIVIA TUESDAY: One of my favorite things to do in class to promote fun and a little thinking at the same time is what I call “Trivia Tuesday”. I do this once or twice a month on Tuesday because that’s my biggest class of the three I teach. Obviously it works on any day or with any group. Based on the average age of my participants, I come up with an appropriate movie, TV series, famous singer, etc. as my theme, and I do some internet research for fun questions. One day I chose “Gone with the Wind”, asking name the actors and actresses in the movie, their character names, who said certain famous lines, was it filmed in Georgia (no), what year did it win an academy award, etc. Another day we covered Frank Sinatra trivia. How many wives did he have (4), where was he born, what is his best-selling single (“My Way”), name his top 10, etc. Another good one is “The Sound of Music” and of course, this is the perfect time of year for holiday themes, such as “White Christmas”.

You can ask the questions throughout the entire class! People really enjoy guessing and like to give me ideas for Trivia day. Here is a website for more ideas, triviacountry.com.



Resource provided by the
Aquatic Exercise Association

www.aeawave.com

912.289.3559



TAKING CLASS COMMUNICATION ONE STEP FURTHER

Danita Watkins, Program Leader Trainer

With a little effort, you can improve connections and communications with class members beyond the class setting. This next step can assist with exercise adherence, increase motivation levels, and help promote better health and wellbeing among participants. One of the ways to do this is creating a newsletter or memo. This is an excellent tool to provide education, explain policies, and build camaraderie.

Let's look at some ideas that you can easily implement. First, give your newsletter a catchy title, like The Arthritis Class Buzz Bulletin. Next, choose your delivery method:

- 1 PAPER.** One way to ensure everyone is included is to print copies to hand out. This method ensures that everyone gets the information, whether or not they are computer savvy.
- 2 SOCIAL MEDIA.** There are many types of social media – Facebook, Twitter, Snapchat, LinkedIn – that offer options for paperless communicating. It is easy and saves time. This is a great way to make quick announcements when needed, like an unexpected class cancel, and also works well to advertise your class. One problem is that you may have participants who do not want, or do not know how, to use social media.
- 3 EMAIL.** Emailing a class newsletter is another way to go paperless. This method can take a little more time, but it is still pretty simple once you create your group email list. Make sure you send out on a regular schedule so the participants know when to expect the email. You can also print copies for members who do not have computer access.

Then, select areas of interest and topics you feel would appeal to your participants. There are many topics to keep your newsletter unique and engaging. Be creative and fun! Here are a few general ideas to help you get started:

- Healthy and fun holiday ideas help participants feel excited instead of stressed or depressed about the holidays, especially if many of them live alone.
- Add an education portion to help students understand why and how to execute moves so they can keep moving between classes.
- Offer a healthy foods and recipe corner. To build on healthy eating tips, announce a special class day where everyone goes out to lunch after class.

Finally, here are a few more things that you might consider:

- How often do you plan to send out a newsletter?
- Do you need more than one source to reach all of your participants? For example, maybe you will use both social media and email to make sure everyone is included.
- Include fellow instructors to help create a team effort!

With a small investment of time and energy, you can connect with your participants on the next level... something that will mean so much for many individuals. Communication can improve lifestyles for our participants, both in class and out!



Resource provided by the
Aquatic Exercise Association

www.aeawave.com

912.289.3559

*Stay in the know by
visiting the AEA website*

AEAWAVE.COM

*on a regular basis. Below are
a few areas you want to make
sure you check out!*

ARTHRITIS

Do you take advantage of the information to keep current with your training. The “Arthritis” pages are designed to provide information specifically for AEA Arthritis Foundation Program Leaders.

CALENDARS

Attending in-person workshops is one of the most rewarding ways to renew your training and certifications! We are in a field that involves movement and motivational skills, which are much easier to learn and practice hands-on. Check the AEA Calendar pages to see events coming to your area, including weekends offering workshops from the AEA Arthritis Series:

PROGRAM LEADER DEVELOPMENT - Theoretical knowledge and movement practice pertinent to class design, exercise performance and leadership skills that will benefit all AEA Arthritis Foundation Program Leaders. Exercises for both the AFAP and AFEP are covered in addition to lesson plan development, programming & presentation tips, and a quick review of the aquatic environment.

LESSON PLANNING TIPS & TOOLS - Learn how to ensure great outcomes and program adherence with well-planned professional classes. You’ll come away with methods and strategies to help you design classes to keep your participants coming back for more week after week. In this interactive workshop you’ll learn being a great leader is not just about the exercises.

MOTIVATIONAL METHODS - Everyone wants to have full classes! Plus, regular participation is key to maximizing exercise results. How can you welcome, encourage, and motivate participants – especially those with chronic conditions? This interactive workshop discusses class dynamics and motivational methods to keep your programs filled.

ENHANCING YOUR LEADERSHIP SKILLS - Learn ideas to enhance your balance, coordination and movement execution for safe and effective class leadership. Self-awareness, personal evaluation, limitations, flexibility and transition training are discussed and practiced. Strengthen your teaching platform to better lead your students.



ARTICLES & MORE

AEA has several resources available to you for FREE at our website, aeawave.com. In addition to this quarterly Leader Tools, everyone can access articles for exercise professionals (Fitness Pro) and exercise participants (Better Health). Plus, specifically for AFAP & AFEP, you can access a full color promo that can be personalized for your classes, attendance logs, a lesson plan development tool, and handouts you can copy including the AF Physical Activity Agreement and Ten Tips for Safe & Effective Exercise.

PAY IT FORWARD

Wikipedia explains “pay it forward” as an expression that describes a recipient of a good deed repaying it to others instead of to the original benefactor. If you, as a program leader or group exercise instructor, have benefited from educational and networking opportunities, now is the time for you to pay it forward. Share your teaching tips, helpful hints, inspiring ideas and motivational moments with others through Leader Tools. AEA encourages you to get involved by emailing julie@aeawave.com. Not ready to share an idea but have a question you need answered? We welcome that input as well!



Resource provided by the
Aquatic Exercise Association

www.aeawave.com

912.289.3559

PROMOTING ACTIVITY OUTSIDE OF CLASS

Helen Tilden, Program Leader Trainer

Most of our class participants have some level of interest in sports. They may enjoy keeping up a sport they played in high school, attending games their grandchildren participate in, or simply supporting the local team. Whether it's football, basketball or baseball season, use their interests to plan games and activities to encourage exercise on days they do not attend your exercise class.

A favorite activity with my classes has been planning a "trip" to a sporting event. I don't mean a bus outing, but a way to "travel" across country by accumulating "mileage" with various activities.

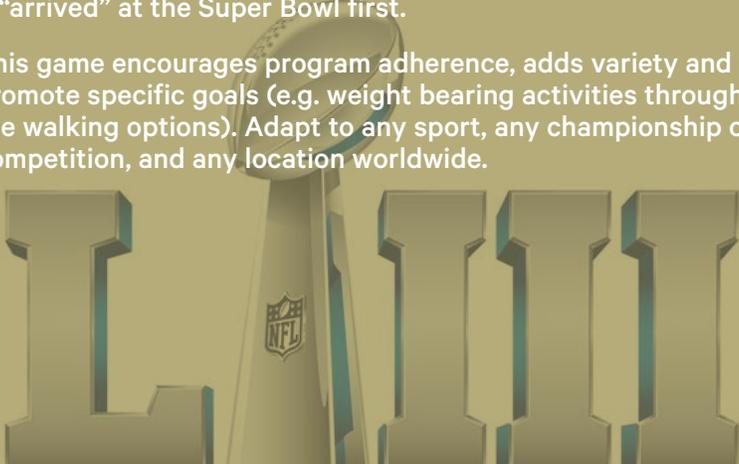
First, determine activities you want to promote such as bicycling, yoga, lap swimming, walking on the treadmill or in the neighborhood, etc. The objective is to keep them moving in addition to your structured class time, so select a variety of activities that are available and doable. Assign mileage for the completion of each activity (including your class). Miles of 5, 10 and 20 miles work well and typically people will accrue 40-50 miles a week toward arriving at the location.

Next, choose the sporting event, so you can plot out how many miles everyone needs to "travel" by the designated date. Plan around something that sparks the interest of your participants and geographic location.

Let's use the 2019 Super Bowl which will be held February 3 in Atlanta, Georgia as an example.

- 1 Check the mileage (online) from where you live to Atlanta.
- 2 Assign "mileage" points for each activity on your list.
- 3 Post a chart on the bulletin board for each person to chart their "mileage" on their way to the Super Bowl. This can be a monthly chart, or weekly depending on the size of your classes.
- 4 Total the "miles" each week or month and then add a new sheet.
- 5 Plan a Super Bowl party at the end of your "trip". Since February is also Heart Month, create the menu around heart healthy foods.
- 6 Don't forget to announce the big winner – the person who "arrived" at the Super Bowl first.

This game encourages program adherence, adds variety and can promote specific goals (e.g. weight bearing activities through the walking options). Adapt to any sport, any championship or competition, and any location worldwide.



Refresh & Renew Your Leadership Skills

Refresh & Renew is a simple and easy way to refresh your base knowledge and renew your training as an AEA AF Program Leader.

IT'S EASY – review the Program Leader Course and take a quiz.

IT'S AFFORDABLE – only \$89, which includes the renewal fees. Upgrade to enhance your learning all year long with an AEA membership at discounted rates.

IT'S VALUABLE – regardless of how much experience you have as a Program Leader, it is easy to forget some important concepts. Refresh & Renew keeps you up to date with the current protocol for leading AEA Arthritis Foundation classes.

Keep your training current and be recognized for your dedication in serving the community.

**The best Program Leaders
NEVER stop learning!**