ACTIVE LIVING EVERY DAY

This program helps sedentary people become and stay physically active-for a lifetime.

Program Approved by U.S. Administration on Aging

Website:  [http://www.ActiveLiving.info/](http://www.ActiveLiving.info/)

Year Program First Implemented in Community Settings: 2003
Currently offered in 37 states

Program Synopsis

- Active Living Every Day (ALED) uses facilitated group-based problem solving methods to integrate physical activity into everyday living. Developed by behavioral scientists at the Cooper Institute in Dallas, TX, and offered through a partnership with Human Kinetics, this comprehensive program utilizes the Active Living Every Day book and offers optional online support resources for participants and facilitators. The ALED program allows the flexibility of being offered independently or in conjunction with existing community-based physical activity programs.

- Program goals
  - Helping people make positive changes that improve their health and well being

- Reasoning behind the program design and elements
  - Even though the strong association between physical inactivity and ill health is well documented, 60% of the population is inadequately active or completely inactive. Traditional methods of prescribing exercise have not proven effective for increasing and maintaining a program of regular physical activity.

- Target population
  - Adults of all ages and by a variety of organizations such as worksites, hospitals, community health programs and colleges, and senior residences.

- Essential program components and activities
  - Delivered in a variety of ways that match each participant's learning style, readiness to change, self-confidence, and lifestyle. Participants are supported through learning activities, online assessments, books, group interaction, and individual guidance.

- Length/Timeframe of Program
  - 12-week group-based program

- Recommended class size
  - Varies; ideal size is 10-20, but can be used one-on-one or with smaller groups, also

- Desired outcomes
  - Improvement in physical activity and cardio respiratory fitness
Advancement in the stages of readiness to change
 Allow participants to meet the 2008 US physical activity guidelines

- Measures and evaluation activities
  - Primary outcomes were physical activity assessed by the 7-Day Physical Activity Recall and peak oxygen consumption ($VO_{2peak}$) by a maximal exercise treadmill test. Secondary outcomes were plasma lipid and lipoprotein cholesterol concentrations, blood pressure, and body composition. All measures were obtained at baseline and at 6 and 24 months.

Health Outcomes and Evidence Supporting Health Outcomes
- A randomized, clinical trial was conducted with 235 participants to compare the 24-month intervention effects of a lifestyle physical activity program with traditional structured exercise on improving physical activity, cardiorespiratory fitness, and cardiovascular disease risk factors. Both the lifestyle and structured activity groups had significant and comparable improvements in physical activity and cardiorespiratory fitness from baseline to 24 months. [http://jama.ama-assn.org/cgi/content/abstract/281/4/327](http://jama.ama-assn.org/cgi/content/abstract/281/4/327)

- A subsequent study was conducted to translate the program into practice within a community setting. Four community-based organizations implemented Active Choices, a six-month, telephone-based program, and five implemented Active Living Every Day, a 20-week, group-based program. Both programs emphasize behavioral skills necessary to become more physically active. Participants completed pretest and posttest surveys. Participants (n=838) were aged an average of 68.4 ±9.4 years, 80.6% were women, and 64.1% were non-Hispanic White. Seventy-two percent returned posttest surveys. Intent-to-treat analyses found statistically significant increases in moderate-to-vigorous physical activity and total physical activity, decreases in depressive symptoms and stress, increases in satisfaction with body appearance and function, and decreases in body mass index. [http://ajph.aphapublications.org/cgi/content/abstract/96/7/1201](http://ajph.aphapublications.org/cgi/content/abstract/96/7/1201)

- ALED has been tested extensively with older adults, as part of the RWJF-funded Active for Life initiative, and as part of NIH and CDC-funded studies, among others. Major findings from these studies indicated that program fidelity can be maintained when introducing Active Living Every Day into a community setting. In other words, what worked well as part of a clinical trial also works well when you actually offer it in the community without strict research protocols. The research also shows positive changes in physical functioning – being able to maintain functional fitness levels – and that changes in physical activity levels can be maintained at least 6 months after participating in a class.

Program Costs
- The *Active Living Every Day, Second Edition* Participant Package is needed for everyone participating in an Active Living Every Day classes. The package includes access to and support from the Active Living Partners Web site as well as the textbook and *ALED Online.*
  ALED Online enhances Active Living Every Day group sessions. For each week's lesson you'll find forms, weekly quizzes, Web links, and suggested readings that will help broaden your understanding of the week's topic. ALED
Online is also home to many practical tools designed to help track progress, including: an activity minutes log, the 1000+ plan, which will help you find ways to burn 1000 extra calories per week, a steps log, a short- and long-term goal log, and a walk test.

$37.95; bulk discounts apply on quantities of 25 or more packages.

- The Active Living Every Day Facilitator Package and workshop fee provide facilitators with the background and materials needed to offer Active Living Every Day. The support package includes:
  - Access to the online facilitator course
  - Participation in the facilitator workshop
  - A copy of the participant text
  - Access to the participant online resources
  - Facilitator Guide. This helpful reference guide includes all the background information needed to direct and facilitate our courses. In addition, you receive reproducible materials needed to implement each course, including lesson plans, PowerPoint slides, selected class handouts, administrative forms, and customizable marketing materials.
  - Ongoing support from our staff and through the Active Living Partners Web site. We provide consultative support on how to successfully run a program, and an online tracking system to use in evaluating your program.

The cost of the facilitator package and workshop fee is $373 per facilitator.

**Total**
$373 for facilitator training; $37.95 for each participant package (bulk discounts apply on quantities of 25 or more)

**Resource Requirements**
**Space Requirements:**
If offering group classes, a room set up in a U-shape (preferred) to allow easy discussion; tables and chairs.

**Equipment:**
Computer with a PowerPoint projector, flip charts, markers, pens, sign-in sheet, door prizes (optional)

**Training Requirements**
- **Training Content**
  - Providers to complete an online facilitator course, participate in either an in-person or Web-based training workshop, and pass an online exam. The current ALP training workshop schedule is available at http://www.activeliving.info/TrainingSched.cfm
- **Facilitator Qualifications**
  - Uses a variety of staff to implement the courses. Professionals not involved in the health care field can serve as facilitators.

**Additional Information**
Refer to http://www.ActiveLiving.info/ for the latest information on program implementation and costs. Contact: 800-747-4457 ext 2522; MichelleM@hkusa.com; http://twitter.com/HKHealthy

References


