



Managing Wellness Over Illness





Welcome



103 Managing Wellness Over Illness

Tracey Harvey, EnerG Wellness Services by Aegis Therapies

Join us for this interactive session that includes part lecture and workout. This session will showcase how activities that focus on the seven dimensions of wellness infuse meaningful connections with residents, along with your community at large. Walk away with an Implementation Tool kit that will include program design, marketing and sales strategies to boost engagement towards marketing YOUR magic moments.



Opportunities

Situation Assessment

- The Greatest Generation vs. Aging Hipsters (Boomers)
- Managing wellness vs. illness
- Increasing Resident/Patient participation

Tactics that can make the difference

- Team synergy across department lines
- Community Outreach
- Disseminating information broadly and efficiently
- Embrace tracking & measuring participation & outcomes

Active Agers

ICAA Move2.0



Athletic



Fit
Active now



Independent
Getting started



Frail
Needs a little help



Dependent
Ongoing assistance

Physical levels of function



Power of Purpose



Active Aging



WELLNESS FOR LIFE

Our wellness specialty services offer an individualized, results-driven approach to programs designed to help enhance your health and happiness. Be revitalized through our specialty wellness offerings led by our certified wellness coordinator.

Live Well Classes:

Individual and small group classes featuring a variety of activities such as circuit training and yoga \$65/mo

Bone Builder:

One-on-one program to assist with increasing bone strength to improve balance and reduce falls \$99/mo

Be Well With Diabetes:

Small group program focusing on exercise and nutrition for better diabetes management

MODERN CONVENIENCE

Our programs are designed with you in mind. We offer world-class service in a welcoming environment. Other features include:

- On-site insurance verification
- Appointments offered within 24 hours
- Early and extended hours to meet your busy schedule
- Access to LA Fitness' health-driven amenities



Programming Competencies

LINK: Wellness University	GROUP: Activities Classes	1:1: Consultative Services
Promotes Life Long Learning	Active Participation Classes	Personal Training
150 + Informational Lectures	ESF	Nutrition Consultation
Study Groups	Brain Power curriculum	Diabetes Management
Relieving Arthritis Shining a Light on Your Memory From Frail to Fun Walking Dogs Safely	Intellectual Programming Pain Management Relaxation /self massage Behavior Management Pain Management	Rewards Management Urinary Incontinence Support Safe Driving Health Screenings
Community Club	Senior Yoga	Medication Management
Health /Wellness Fairs	Spirituality	Disease Management

Active Participation

Be Inclusive

- ☐ Expand your knowledge of working with older adults faced with health challenges, injuries and disease.
- ☐ Boost Residents quality of life in a group setting.
- ☐ Learn evidence-based active participation technique and modifications .
- ☐ Prevent muscle deterioration, improve bone strength, & memory, decrease falls - boost vitality.

What is Functional?

TABLE 2: Top 20 Worldwide Fitness Trends for 2016

2016

1	Wearable technology
2	Body weight training
3	High-intensity interval training (HIIT)
4	Strength training
5	Educated, certified, and experienced fitness professionals
6	Personal training
7	Functional fitness
8	Fitness programs for older adults
9	Exercise and weight loss
10	Yoga
11	Group personal training
12	Worksite health promotion
13	Wellness coaching
14	Outdoor activities
15	Sport-specific training
16	Flexibility and mobility rollers
17	Smart phone exercise apps
18	Circuit training
19	Core training
20	Outcome measurements



2017

1	Wearable technology
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Brag About Yourself

NEWS from ICAA Preferred Business Partners

EnerG by Aegis® Weighs in on Reported Outcomes

Aging adults are seeing an increase in obesity rates across the U.S, according to the Gallup survey. As a result, adults age 65 and older are becoming more sedentary and family members are unable to care for them due to mobility limitations from weight gain.

In an effort to address the obesity problem, also a risk factor for skilled nursing facility admission, EnerG by Aegis and Highland Nursing and Rehab in Kansas City, Missouri partnered to create the **Move-It Program** that involved resident participation in an exercise activity 30 minutes a day, 4 days a week.

After one month, Outcomes results revealed that 64% of residents lost a total of 41.8 pounds from exercise only, proving that increased activity alone can impact weight loss. For more information on wellness, visit www.aegistherapies.com/energ-wellness



Social Media



APR 26 **Better Bones Better Body Educational Mixer**
Thu 5:30 PM EDT · Aegis Therapies (Dunwoody, GA) ...
You like Aegis Therapies (Dunwoody, GA)

✓ Going ▼



Aegis Therapies's Video

• Video · Aegis Therapies (Dunwoody, GA)

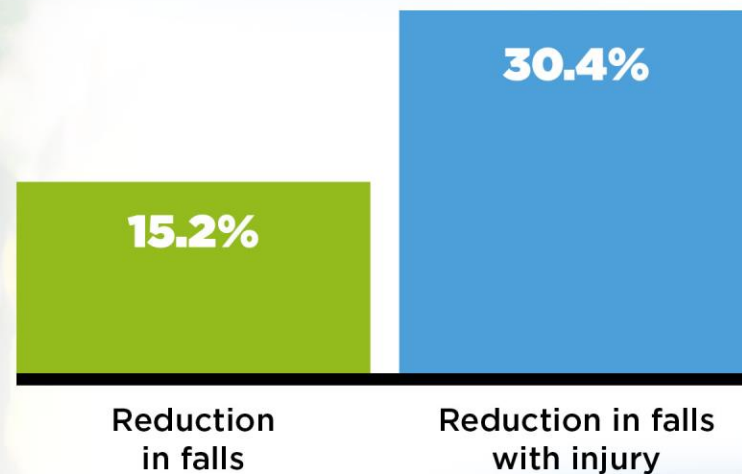
🔗 Share

📁 Add to Collection

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Our findings

Improved Patient Outcomes



Restorative Fitness Class

Bootcamp Inspired

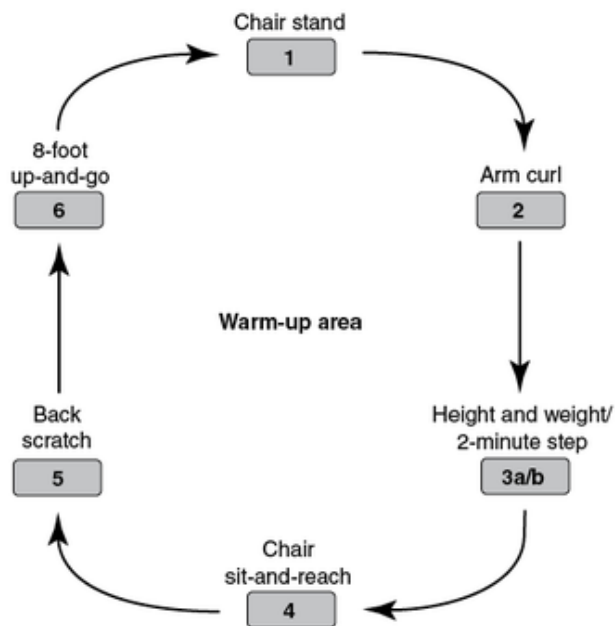


FIGURE 4.3 Order of station setup for group testing.

*If the 6-minute walk test is substituted for the 2-minute step test, it should always be administered after all other tests are completed.

Bridge to Wellness



EnerG Circuit Total body circuit that will utilize the new _____ fitness equipment, bodyweight exercises, balancing exercises, as well as resistance training utilizing the bands and dumbbells. Initial setup, introduction or cross referral required.

EnerG Fusion: This class will have it all! It will be a combination of endurance, strength training, flexibility & balance (ESF programming). This class will all be done seated in a chair or wheelchair.

Morning EnerG: Everybody could use a little relaxation in his or her routine! This class you can sit or stand by your chair and will incorporate stretches for the upper and lower body for optimal health benefits, increase stamina, lung capacity, and overall wellness. Introducing gentle forms of exercises to improve flexibility and balance as well as muscle strength; other benefits include increasing overall flexibility and mobility in joints.



Create an experience



 **EnerG**
by aegis

aegis 
therapies®

Be multi-dimensional



Peaceful Meadow

Guided & Visual Meditation



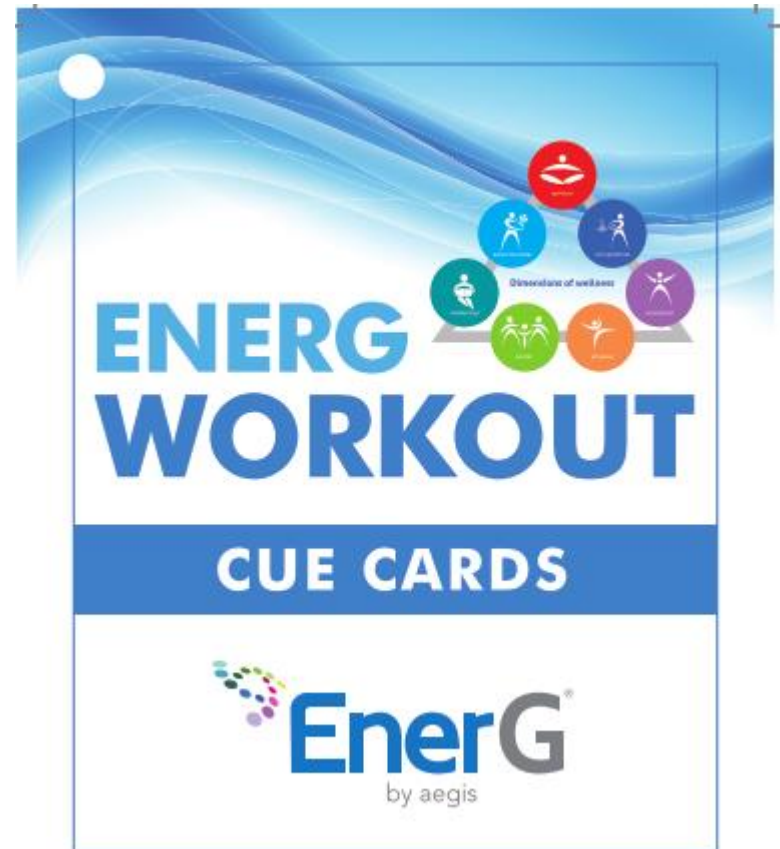
Promote learning



Learn to Inspire

Thank you for providing
your feedback.

This is our GIFT to you



Be the First



Make it Special

- Sound
- Music
- Lighting
- Environment
- Props
- Team & Culture



A program of the
National Institutes of Health

Free Resources



EnerG[®]

❑ [State Games Schedule](http://www.nsga.com/state-games.aspx) <http://www.nsga.com/state-games.aspx> by aegis

❑ : Demographics <http://transgenerational.org/aging/demographics.htm#ixzz44xXxJcAw>

❑ [Walk with Aegis](http://employees.glwebapps.com/walk/): <http://employees.glwebapps.com/walk/>

❑ Resources galore <https://go4life.nia.nih.gov/get-started> #Fit4Function

❑ Active Aging Week <http://www.icaa.cc/>

❑ Eversound <https://www.eversoundhq.com/>

❑ <https://www.yesfitnessmusic.com/store>

❑ <http://www.innerhealthstudio.com/floating-on-a-cloud.html>



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Thank You & Stay in Touch



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