

Does BodyWork?: Assessment of Opportunities to Expand the Changing Aging Program

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Executive summary

BodyWorks, which is the School of Kinesiology's outreach program at UBC, currently offers two weekly exercise classes for older adults, with one of them being the Changing Aging program. This study aimed to provide specific recommendations for the BodyWorks staff to assist them in guiding their next steps with the expansion of the Changing Aging program within more community centers across the Greater Vancouver Area (GVA). Throughout this study, key success factors and challenges that past and present Changing Aging program members have experienced were taken into consideration. In addition, this study also looked to understand the aspects that would attract future participants to the program.

After identifying the target population, which included those who would be eligible to participate in the Changing Aging program along with those who have or who are currently participating in that program, in-person and online recruitment began. This study included a mixed-methods design and questions were split into two categories, one for past and present Changing Aging participants and the other for those who have never participated in the program.

Once the data collection period came to an end, a total of 58 responses were recorded. To analyze the quantitative responses, descriptive statistics were used, whereas descriptive qualitative statistics and thematic analysis were used to analyze the qualitative survey responses. The survey responses highlighted several key findings, such as common modes of transportation, class day and timing preferences, motivators for participating in exercise classes, important qualities in an exercise leader, and specific facility features.

Based on the results, the recommendations for BodyWorks to consider when expanding the Changing Aging program into other community centers revolve around accessibility, perceptions and interests in exercise, and facility and program resources. In terms of accessibility, BodyWorks should implement the Changing Aging program into community centers that are closer to residential neighborhoods as well as look into ways they can decrease the costs that are associated with attending the program. Regarding perceptions and interests in exercise, BodyWorks staff should be equipped with sufficient knowledge of the importance of certain exercises and the muscle groups that are being targeted to better inform participants of the benefits of each movement. Furthermore, in terms of facility and program resources, BodyWorks instructors should provide clear and loud instructions to participants, wear name tags, and possibly use microphones to ensure all instructions are being heard. It is also recommended that the BodyWorks instructors are mindful of the amount of breaks they are offering for participants, with more breaks being more optimal.

Unfortunately, due to the limited resources and time frame of this study, the population that was surveyed did not include a diverse sample size. Therefore, future research could aim to identify how the perceptions of those from different ethnic, socioeconomic, and cultural groups differ from those of the current study participants. With the GVA being very culturally diverse, the perspectives of individuals from these different backgrounds must be considered when looking at implementing programs in their community centers.

Introduction

Aging is a natural, gradual, and continuous process of change throughout one's lifespan (Brown et al., 2017; Martin & Schoeni, 2014; Tosato, 2007). Moreover, older adults are faced with an elevated risk of developing chronic diseases such as arthritis, dementia, and type two diabetes (Marešová et al., 2019). The Government of Canada recognizes those who are over the age of 65 as older adults (Government of Canada, 2019). In a study of an elderly Brazilian cohort, Filho et al. (2018) discovered that depression was more prevalent with age, suggesting that older adults may encounter various age-related stressors that may contribute to psychological distress. These results altogether have significant implications for public health concerns, which highlight the need to promote healthy aging for this vulnerable population.

Regular physical activity has been shown to provide both mental and physical benefits for aging adults (Maciel et al., 2013). As described by the Government of Canada (2019), adults who are over the age of 65 should be engaging in at least two and a half hours of moderate to vigorous-intensity aerobic activity every week. In addition, it is also recommended that older adults include muscle and bone-strengthening exercises at least twice a week, which can be spread out into sessions of 10 minutes or more (Government of Canada, 2019). Moreover, strength training has been shown to contribute to delayed onset of diseases such as osteoporosis and sarcopenia (Seguin & Nelson, 2003; Taylor et al., 2004). Researchers have found that older adults who engage in regular physical activity have higher levels of self-esteem and optimism toward life than those who are not physically active (Cekin, 2015; Maciel et al., 2013). Although engaging in regular physical activity promotes a greater quality of life for older adults, there is insufficient research regarding the best approach for local communities to implement physical activity programs that are tailored to this specific age population.

As an outreach program within the School of Kinesiology at the University of British Columbia, BodyWorks offers evidence-based exercise programs to a variety of adult populations to promote healthy aging and preventative disease management (BodyWorks, 2024a). Currently, BodyWorks offers specialty programs including the BC Brain Wellness program and the Fitness and Mobility Exercise (FAME) program, specifically for adults recovering from a stroke or other neurological conditions (BodyWorks, 2024b). BodyWorks also provides a weekly program called Changing Aging, which provides two weekly one-hour classes, with exercises focusing on strength, mobility, and endurance training (BodyWorks, 2024a). The Changing Aging program is directed towards adults who are over the age of 55, and classes are currently offered at Dunbar Community Center, Kerrisdale Community Center, and the UBC Osborne Center (BodyWorks, 2024a). BodyWorks is hoping to expand its Changing Aging program to community centers across the GVA to enhance the health of a greater range of older adults.

Literature review

The current literature surrounding exercise programs for older adults is widespread and provides strong insight into the need for physical activity programs for older adults and best practices for implementing such programs. There is evidence that demonstrates the benefits of engaging in endurance training on the cardiovascular systems of older adults and in helping to manage chronic diseases. For instance, in a study conducted by Rivera-Torres et al. (2019), researchers noted how 60% of older adults were able to manage two or more chronic health conditions, including heart disease, cancer, chronic obstructive pulmonary disease, diabetes, and Alzheimer's disease through consistent participation in two or more physical activity sessions a week lasting between 30 to 60 minutes in length. This study also examined levels of exercise adherence in older adults, indicating that participation was greatest in those who were currently

married, had a high socioeconomic status, and displayed limited physical or cognitive impairments (Rivera-Torres et al., 2019). However, limited research has been conducted on the extent to which levels of accessibility, participation interest and participation, and facility resources impact older adults' retention and overall participation in exercise programs.

Accessibility

Pardasani and Thompson (2010) found that decreased participation was due to a lack of accessibility such as transportation to the facilities and the location of the facilities themselves. Furthermore, there has been support for “senior center without walls” in which programs and services are provided across various locations through partnerships with diverse community providers. This type of concept has shown great benefits for older adults through increasing the range of programs, services, and resources available, and using the proper resources for community-based needs (Pardasani & Thompson, 2010).

In addition, the study conducted by Pardasani and Thompson (2010) noted how decreased involvement in physical activity was linked to a lack of transportation to facilities. Whether it be local public transportation or senior-directed bus services, physical access to these sites serves as a significant determining factor for physical activity engagement. Overall, the authors highlight the importance of making facilities more accessible to people with various disabilities and conditions to enhance adherence to physical activity guidelines among older adults.

Participant interest and participation

Some benefits of participating in exercise programs include better psychological, social, and physical well-being (Pardasani & Thompson, 2010). Furthermore, exercise program

participants also stated that enhancing their strength and endurance has helped them accomplish functional skills and daily activities with ease, enjoy and implement a more active lifestyle, and decrease their risk for injuries (Kohn et al., 2015; Mehra et al., 2016). The importance of robust social connections for older women in community centers was highlighted in a study conducted by Aday et al. (2006). Particularly for older women living without a spouse, reported lower scores of loneliness, and higher scores for increased perceived support, life satisfaction, and overall well-being (Aday et al., 2006). Aday et al. (2006) discovered that group-based settings, such as peer support groups and exercising with others assisted in counteracting, or mitigating the adverse psychological effects of age-related stressors. These results signify the need for programs to offer opportunities for individuals to develop meaningful positive affective relationships with others. Having a support network helps to ensure participants' level of satisfaction and interest, one of many contributors to a successful program rollout (Shalaby & Agyapong, 2020). However, many older adults are more reluctant to participate in exercise programs due to medical obstacles such as chronic and acute medical conditions, fear of injury, and transportation concerns (Heydarnejad & Dehkordi, 2010).

Facility Resources

Adherence is generally greater in supervised programs for older adults where there is a lower incidence or absence of training-related injuries, higher training effects, lower dropout rates, and overall effectiveness of the programs (Rivera-Torres et al., 2019). The greatest effect, however, is the higher quality of the execution of exercise by older adults due to adequate supervision. Additionally, in a study conducted by Mehra et al. (2016), the majority of participants stated that having supervision is crucial as it emphasizes the importance of each exercise and how it can be performed safely. Moreover, Kohn et al. (2015) noted that participants

also pointed out that an instructor had an important role in building community among the participants. When creating programs and services, Kohn et al. (2015) stated that allotting the program times during hours that are convenient for older adults may increase participation and retention. In addition, considering the needs of the participants, such as integrating time to socialize with each other, may further increase participation and retention in these exercise programs (Kohn et al., 2015).

Study purpose

Based on the current literature regarding older adults' participation in exercise programs, this study provided recommendations to BodyWorks to help guide their next steps regarding the expansion of the Changing Aging program into additional Vancouver community centers. Furthermore, this study aimed to address the key success factors and challenges experienced by past and present BodyWorks members in the current Vancouver community centers along with identifying strategies that could be implemented for a successful expansion of the Changing Aging program into new community centers. Moreover, the study will expand on various factors that affect program success such as accessibility, participant interest and perception, and facility resources such as staff, equipment, and space.

Methods

Participants

The target population of this study was older adults who were interested in joining an exercise group. This population was further separated by two sets of inclusion criteria. The inclusion criteria for the first group consisted of individuals who had previously attended or who are currently enrolled in the Changing Aging program at BodyWorks at any of their Dunbar,

Kerrisdale, or UBC locations. This includes those who are 55 years and older, as outlined by the BodyWorks website to be the target demographic for the Changing Aging programs (BodyWorks, 2024a). However, individuals who were younger than 55 years of age and enrolled in the Changing Aging program were still included as the BodyWorks team deemed them to be able to participate based on factors such as their physical abilities assessment and, therefore would have similar experiences as those who were 55 and older and within the program (BodyWorks, 2024a). This subset of the target population was deemed as “Set A” for data collection and analysis. The inclusion criteria for the second group consisted of individuals who had never participated in BodyWorks’ Changing Aging program, were interested in group exercise, and were 51 years or older. This subset of the target population was deemed as “Set B” for data collection and analysis. The age requirement was set to match the demographic questions asked to participants in Set A, which included a range of “51-60” years for one of the answers. The overall exclusion criteria for the target population were individuals who were both younger than 51 years of age and had never participated in the Changing Aging program.

Research design

In this study, purposive sampling was the primary sampling technique. As defined by Robinson (2014), this technique involves selecting participants based on their knowledge and/or experience with a particular subject. Following this guideline, this study focused on collecting data from older adults who were interested in group exercise. Moreover, the sample was split into Set A and Set B questions whether they have previously or currently attended the Changing Aging program. Participants in Set A were asked questions on the topics of accessibility, participant interest and perceptions of exercise, and facility resources specifically to their experience with the Changing Aging program (see Appendix D). The purpose of this was to

investigate the perceptions of current or previous participants and gauge where the program could be improved. Participants in Set B were asked questions from the same three topics, however, they were related to their previous experiences with other physical activity and recreation programs (Appendix D). Additionally, participants in Set B were asked more questions than those in Set A to gauge what would attract older adults to join the Changing Aging program in either the established locations or the prospective locations in the Sunset or Kitsilano community centres.

To gather primary research, this study utilized Qualtrics, an online survey tool that is free and accessible to all UBC students, faculty, staff, and sponsored guests (University of British Columbia, 2023). Qualtrics also complies with the BC Freedom of Information and Protection of Privacy Act (FIPPA) as the survey data is kept secure and is stored in Canada (University of British Columbia, 2023). Among these advantages, the use of online surveys enables quick access for participants, larger sample sizes leading to greater statistical power, reduced cost and time of conducting empirical research, and no paper wasted compared to in-person surveys (Topuzovska Latkovikj & Borota Popovska, 2019). However, it was critical to consider the disadvantages of online surveys, particularly among older adults, who are the target population of the Changing Aging program (BodyWorks, 2024a). Older adults often perceive the complexity of internet use as a barrier, having lower confidence in operating electronic devices compared to their non-senior counterparts (Davidson & Schimmele, 2019). The study will address these barriers to access by providing various opportunities to complete the survey, as discussed below.

Data collection

After approval was received, recruitment posters (Appendix B) containing study details and a QR code were created for both online and in-person promotion. Regarding online recruitment, group members communicated with the BodyWorks contact personnel to distribute the poster and Qualtrics survey link via email (Appendix B) to those subscribed to a BodyWorks newsletter. This recruitment strategy aimed to reach those who fit the inclusion criteria for Set A. Regarding in-person recruitment, different strategies were used to reach participants in both Set A and Set B. For Set A, with permission from the BodyWorks contact personnel, group members conducted in-class announcements to various Changing Aging classes and stayed after class to answer questions regarding technological support or the study itself. For Set B, recruitment posters were placed in public and private spaces in proximity to current and prospective Changing Aging locations. Regarding public spaces, this includes bus stops and trails in proximity to the Kitsilano community centre, the Sunset community centre, and the Osborne facility. Regarding private spaces, this includes physiotherapy clinics where group members work which were close to the three previously outlined areas, and on bulletin boards in the Dunbar and Kitsilano community centres. Within reason, technological support was provided to participants, mostly from recruitment at the physiotherapy clinics.

Before responding to the survey questions, participants were provided with a consent form (Appendix A) to understand the reasoning behind the study, what their role in the study would entail, and information regarding anonymity. If participants agreed to participate in the study, they were sent to the first question, which asked if they had attended the Changing Aging program. This determined whether participants were to fill out questions in Sets A or B. After that, a set of demographic questions were asked about gender, age, and how they found out about

the survey. To adhere to the study's exclusion criteria, those who had never attended the Changing Aging program and selected that they were under the age of 50 were prompted to exit the survey. For questions related to the topics of interest, 5-point Likert scales, multiple-choice questions, and open-ended questions (Appendix D) were used to gather data. Furthermore, upon completing the survey, participants will be provided with the opportunity to be entered into a draw to win one of two Lululemon yoga mats or one of four UBC Athletics Prize Packs. Research conducted on lottery incentives and survey response rates demonstrates a positive association between survey participation and completion rates (Laguilles et al., 2011). Thus, the use of a varied survey and incentives was aimed at promoting greater participation to obtain more data.

The recruitment target was to receive at least 40 responses, which was the minimum set by the course instructor. This was due to concerns regarding the technological capabilities of the target population to complete an online survey along with the specific population this study targeted. Additionally, due to time restrictions for data analysis, access to the online survey closed on April 3rd, 2024 at 11:59 pm regardless of the number of responses.

Data analysis

A mixed-methods approach was utilized to achieve a comprehensive understanding of factors that have affected the Changing Aging program's success such as accessibility, participant interest, and facility resources (Appendix D). This study design was used as it obtained the strengths of both quantitative and qualitative methods (Curry & Bradley, 2009). As emphasized by Curry and Bradley (2009), by combining these research methods, the limitations of one method can be compensated through the strengths of the other method; for instance,

qualitative methods can help determine the reasoning behind some of the quantitative results. Furthermore, a mixed-methods approach helps to ensure a wide range of factors are being considered concerning the research question (Palinkas et al., 2019).

As this mixed methods study uses open-ended questions, Likert scales, and multiple-choice questions, various data analysis techniques will be employed. Regarding quantitative questions gathered from Likert scales and multiple choice questions, we used descriptive statistics, such as measures of central tendency, to analyze survey results. Additionally, this study employed a descriptive qualitative analysis to analyze the open-ended survey responses received and give insight to uncover underlying themes.

Results

Participant description

A total of 58 responses were collected from the survey. 34 out of 58 total respondents (59%) have participated, or are currently participating in the Changing Aging program, denoting this sub-sample as Set A participants, and were given Set A survey questions (Appendix C, Figure 1). 24 out of 58 total respondents (41%) have not participated in the Changing Aging program, and were directed to answer survey questions from Set B (Appendix C, Figure 1).

Of participants in Set A, 3% of the participants were 50 years of age or younger, 6% were 51-60 years of age, 18% were between 61-70 years of age, 45% were 71-80 years of age, 27% were 81-90 years of age, and 0% were 91 or older (Appendix C, Figure 2). 21% of Set A participants identified as male, 76% identified as female, and 3% identified as non-binary/third gender/queer (Appendix C, Figure 3). When asked about the precise BodyWorks location, 55% of respondents have attended, or are currently attending the Changing Aging program at UBC,

42% selected the Kerrisdale Community Centre, and 24% responded to the Dunbar Community Centre (Appendix C, Figure 4).

In contrast, in Set B participants, 0% were 50 years of age or younger, 38% were between 51-60 years of age, 25% were 61-70 years of age, 33% were 71-80 years of age, 4% were 81-90 years of age, and 0% were 91 or older (Appendix C, Figure 5). 25% of Set B participants identified as male, 75% identified as female, and 0% identified as non-binary/third gender/queer (Appendix C, Figure 6).

Descriptive Statistical Analysis

Set A

Results from Set A reported that 70% of older adults attend Changing Aging classes by car; 52% travel by walking, 6% utilize public transportation methods, and 6% cycle to BodyWorks (Appendix C, Figure 7). When asked to rate their level of perceived importance of the proximity of BodyWorks to locations such as their homes or workplaces on a scale of 1 to 5, 52% selected a score of 5 as “Very Important” (Appendix C, Figure 8). In addition, Set A participants were asked to rank aspects of Changing Aging that prompted their continued participation in the program, with 65% of respondents selecting “Physical health benefits related to physical activity”, 10% ranked “Physical health benefits related to activities of daily living”, 10% ranked “Mental/psychological aspects”, and 3% reported “Social Aspects” as the primary motivation for their continued participation in Changing Aging (Appendix C, Figure 9). On a scale of 1 to 5 ranking the perceived level of support from Changing Aging instructors and volunteers, 76% stated the instructors and volunteers with “5 - Very Helpful” (Appendix C, Figure 10).

Set B

Of the 24 total respondents who have not participated in the Changing Aging program, when asked about their experiences with different exercise programs, 79% reported having participated in drop-in programs, 67% have participated in group-based exercise programs, and 33% have participated in individual training sessions (Appendix C, Figure 11). In contrast, 13% have never participated in exercise programs (Appendix C, Figure 11). For Set B 36% of older adults commute by car, 22% use public transportation, 22% walk, 16% bike, and 4% use ride services (ie: Uber and Lyft) as their main modes of transportation (Appendix C, Figure 12). When asked about the particular accessibility features or accommodations that are important when considering participation in exercise programs, 43% ranked “Cost of Program” and 30% ranked “Availability and cost of parking” as their most important accessibility feature (Appendix C, Figure 13). In a related manner, 45% indicated a presence of financial considerations that impact their ability to participate in certain exercise programs (Appendix C, Figure 14). In contrast, 48% ranked “Facility Features” such as elevators and handrails, as their least important consideration when deciding on an exercise program (Appendix C, Figure 13). A Likert-type scale from 1-5 was used to rate their perceived importance of the proximity of exercise programs to their homes or workplaces (Appendix C, Figure 15). A mean score of 4.30 was noted (Appendix C, Table 1), with 39% ranked living close to general exercise facilities as “5 - Very Important”, 26% reported a score of “4 - Important”, 22% as “3 - Moderately Important”, 13% as “2 - Slightly Important”, contrasting with 0% reporting a score of “1 - Not Important” (Appendix C, Figure 15). The survey results revealed strong preferences among participants for certain days and times to attend a fitness program. Specifically, 83% of respondents favored Thursdays, while 78% indicated a preference for Tuesdays (Appendix C, Figure 16). In contrast, weekend

preferences were lower, with 35% selecting Sunday and 30% preferring Saturday (Appendix C, Figure 16). Additionally, the majority of participants (61%) expressed a preference for the morning time slot of 8:00 am to 11:00 am for attending fitness programs (Appendix C, Figure 17). 91% of Set B participants expressed a preference for an exercise instructor who is "clear with instructions", and 78% expressed an instructor who is "motivating" (Appendix C, Figure 18). Results varied for an instructor who is "Enthusiastic" and "attentive", while 22% expressed "Other", and 9% expressed the importance of a leader who is "Loud" (Appendix C, Figure 18). Specifically, a recurring theme for those who indicated "Other" was being knowledgeable and well-educated to allow for meaningful corrections. Notably, one participant noted how they "need to feel they [exercise leaders] understand something about aging bodies, not have experience only with young adults." Lastly, when asked what type of exercise facilities Set B participants were most interested in, 52% indicated they had no preference, while 13% were most interested in "Use of free equipment (dumbbells, balls, etc)" in an exercise facility (Appendix C, Figure 19). Of the same respondents, 78% are more drawn to group exercise classes while 22% reported preferences for individual workout classes (Appendix C, Figure 20).

Descriptive Qualitative Analysis

Set A

Open-ended questions were prompted to Set A to assess how BodyWorks and/or Changing Aging staff best support participants, with several themes emerging (Appendix C, Figure 21). First, staff attitude and behavior towards participants were mentioned multiple times, including attributes such as patience, helpfulness, encouragement, and warmth. Second, participants appreciated quality feedback that included advice on correct technique and body

positioning, as well as flexible adaptations for injuries or physical limitations. Third, the sense of community and support within the program was emphasized, with mentions of a friendly atmosphere. Lastly, effective communication through email reminders and direct supervision during sessions was appreciated by participants.

Based on the feedback provided, several themes have been identified relating to what Set A participants believe the BodyWorks could do to enhance their experience (Appendix C, Figure 23). First, participants desired personalized feedback and instruction, preferring one-on-one attention to ensure correct technique and if requested, provide education on targeted muscle groups. Second, participants valued opportunities for social interaction and connection through shared interests and experiences, suggesting measures like name tags to facilitate communication and camaraderie. Third, there were concerns about the clarity of audiovisual communication during sessions. Fourth, logistical issues around class size, room capacity, and accessibility of equipment are highlighted. Some additional suggestions included making exercising more challenging and incorporating music.

Set B

When asked what exercise format Set B participants preferred, 22% preferred individual workouts and 78% preferred group exercise classes (Appendix C, Figure 24). Those who preferred individual workouts shared that it provided flexibility in timing (Appendix C, Figure 25). Those who preferred group exercise classes shared rationales, with common themes being suggesting it facilitates a sense of community and belonging, learning from others, motivation and enjoyment, guidance and support, and social networking (Appendix C, Figure 26).

Concerning expected amenities and facility resources, common themes from Set B participants included storage options such as coat racks and lockers to store their belongings, locker rooms with showers to allow them to change before and after classes, secure bike storage, and open spaces to provide room for movement and various activities (Appendix C, Figure 27).

Lastly, Set B participants noted their preferences regarding the layout or design of the facility. Common themes included good air circulation and HVAC systems that maintain air quality and comfortable temperatures, ample windows or skylights to let in natural light, and open spaces (Appendix C, Figure 28).

Discussion

Based on the results, the majority of the participants from Sets A and B either drive, commute via public transit, or walk as their main modes of transportation, as well as emphasizing the importance of location, particularly regarding proximity to their homes or workplaces. As individuals age into older adulthood, they tend to make fewer trips and travel shorter distances due to a change in needs or medical conditions that may affect mobility, thus highlighting the importance of the proximity of the facility to their homes or other frequented establishments (Yang et al., 2018).

In regards to the results from Set A, most of the participants mentioned that their main reason for continued participation in the program is due to the physical health benefits related to physical activity, followed by health benefits related to activities of daily living, mental or psychological benefits, and lastly, the social benefits or aspects of participating in the program. This data underlines the literature that supports how regular physical activity is beneficial for

older adults in maintaining physical health and quality of life (Maciel et al., 2013). Although the social aspects of the program were rated lowest by participants, they emphasized that BodyWorks has fostered a strong sense of community and support. Participants from Set A have also stated that the staff and volunteers have been helpful during their time in the program. Additionally, they also mention that the staff has best supported them by being patient, encouraging, and warm. Participants also mention that the staff has also been supportive through the quality feedback they provide and their flexibility in terms of accommodating their concerns. Therefore, stressing the importance of supportive and motivating staff in participant adherence. Moreover, Kohn et al. (2015) and Hawley-Hague et al. (2016) also emphasized the vital role that staff play in fostering a culture of community and support and the difference staff make in providing good quality experience.

Prospective participants prioritize cost as the primary factor when considering enrollment and attendance in a program. When considering joining a program, most older adults consider the cost of travel to and from the facility, the cost of parking, and the cost of the program itself (Hawley-Hague et al., 2016). Moreover, total cost can become a barrier if participants live further away, thus affecting their motivation to attend and adhere to a program (Hawley-Hague et al., 2016). This highlights the need to reduce such barriers, such as offering parking fee reimbursements, offering classes while free parking is still in effect on the road, subsidized program costs for low-income participants, and shuttle buses that transport participants from a central location to the facility.

Limitations

Some limitations identified in this study were lack of time and limited resources which affected the sample size and diversity of the sample. Due to limited resources and the objective of the study, there was no data collected about ethnicity and socioeconomic status. Furthermore, the areas in which the recruitment material and these surveys were conducted were in the more affluent areas in the general Vancouver area, thus also impacting the sample. Therefore, future research could aim to collect more data regarding these variables in the current study as it is essential to consider the perspectives of individuals from diverse backgrounds when considering the implementation of programs in their community centers. Additionally, utilizing online surveys has certain obstacles, as older adults often view the complexity of internet usage as a barrier, feeling less confident in operating electronic devices compared to younger individuals (Davidson & Schimmele, 2019). For instance, despite receiving in-person technological support, some respondents encountered some difficulties in completing the survey accurately. Thus, future implementation of the survey could incorporate various access points such as paper-based surveys. Furthermore, there were issues with the Qualtrics data analysis function, which impacted one of the questions on the survey for Set B. This question pertains to the perceived benefits of physical activity, which ultimately impacted the results and recommendations. Therefore, future research should note that this may be an issue when using Qualtrics and contact IT support when needed.

Recommendations

Based on the results and data analysis, it is recommended that classes be scheduled mostly on weekdays rather than weekends. Additionally, scheduling most classes in the morning

such as any time between 8:00 am and 11:00 am will likely have greater attendance and adherence, although it is important to note that offering a variety of class times is ideal as this schedule may not be suitable for all prospective participants. In terms of location, most participants mentioned that having a location closer to residential neighbourhoods would be ideal as most would walk or drive to the BodyWorks location, particularly in the Sunset and Kitsilano neighbourhoods. Regarding financial accessibility, participants in Set B emphasized the importance of program cost when deciding to join physical activity and recreation programs. To address the needs of participants of different socioeconomic statuses, Changing Aging classes should be offered at various price points, with the possibility of subsidized pricing. Moreover, prospective participants identified various needs that they would like to be addressed in terms of the facility such as additional storage space for personal belongings. In terms of immediate recommendations to improve the current program and future expansion of the BodyWorks program, participants highlighted the importance of having supportive and motivating staff. Some feedback provided and recommendations for current and future staff include individual feedback and clear instruction to the participants, wearing name tags, speaking more clearly, loudly, and slowly, possibly using microphones to ensure that instructions are heard, and providing sufficient breaks. Additionally, based on the results of the survey, it is also recommended that BodyWorks focuses on group-based exercises with instructors who have been equipped with knowledge on the importance of certain exercises and muscle groups being targeted and some background knowledge of the health conditions of the current and future BodyWorks participants.

Conclusion

Physical activity has been shown to be a means for older adults to decrease their risk of developing illnesses and delay the onset of chronic diseases (Marešová et al., 2019). Even though multiple benefits are associated with physical activity, those who adhere to a consistent weekly schedule can achieve the greatest benefits (Rivera-Torres et al., 2019). Community-based exercise programs have been shown to be a great mechanism to help people be consistently physically active (Killingback et al., 2017). This is mainly due to participants' ability to socialize with other members during group classes, which in turn creates a positive experience for them with physical activity (Aday et al., 2006).

The BodyWorks outreach program at the School of Kinesiology at the University of British Columbia has created many different exercise programs for OA. Specifically, the Changing Aging program is a group-based exercise class that is offered weekly at certain community centers. However, this program has been looking at expanding into other community centers within Vancouver, but BodyWorks has realized that many factors must first be considered to ensure the program can run successfully at these new locations. Therefore, this study focused on identifying the positive and negative experiences of past and present Changing Aging program members along with assessing the aspects that would attract future participants to this program. Once these findings were gathered, specific recommendations pertaining to accessibility, perceptions and interests in exercise, and facility and program resources were provided to BodyWorks staff. The most prominent findings included the need for the program to be located in an area that would be easily accessible via car or by walking, program cost, and possible incorporation of microphones for exercise instructors.

Even though these recommendations were based on a sample size of roughly half of the participants (N= 34) having previously or are currently taking part in the Changing Aging program while the rest (N= 24) having never participated in the program, there was a lack of diversity amongst the participants. Unfortunately, due to the limited number of group members conducting this study along with specific data collection cut-off times, the range of participants was not representative of the diverse ethnic, socioeconomic, and cultural groups that live throughout Vancouver. This is a critical factor to consider as the perceptions from varying groups of people could differ and therefore influence what recommendations BodyWorks should consider when looking to implement the Changing Aging program into other community centers.

Nonetheless, the expansion of this program throughout Vancouver will be beneficial for older adults as literature continues to provide evidence surrounding the benefits of physical activity and group-based exercise programs for aging adults. Therefore, once the Changing Aging program has been implemented and running in their new community centers, a follow-up survey could be conducted to achieve a greater understanding of the aspects that have been implemented successfully, what still needs to be re-considered, and whether a greater range of diverse participants are taking part in the program.

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Appendix A

Consent Form

CLASS PROJECT: Health Promotion and Physical Activity (KIN 464)

Participant Consent Form: Does BodyWORK?: Assessment of Opportunities to Expand the Changing Aging Program (Group #8)

Project ID: H17-03560-A017

Principal Investigator: Dr. Andrea Bundon (Assistant Professor, School of Kinesiology, Faculty of Education)

The purpose of the class project: To gather knowledge from past and present BodyWorks participants along with potential participants to expand the Changing Aging program into additional Vancouver community centers. Specifically, we will be looking at the key success factors and challenges experienced by Vancouver community center members and how these insights could be used to develop strategies for a successful expansion into new community centers. This study will expand on various factors that affect program success such as accessibility, participant interest and perception, and facility resources such as staff, equipment, and space.

Study Procedures: With your permission, we are asking you to participate in a survey. You may only complete each survey once. With the information gathered, students will critically examine how different individuals understand or engage in health-promoting activities or health-promotion initiatives.

Project outcomes: The information gathered will be part of a written report for the class project. The written report will be shared with campus partners involved with the project. Summaries of

findings will also be posted on the following websites. UBC SEEDS Program Library:

<https://sustain.ubc.ca/courses-degrees/alternative-credit-options/seeds-sustainability-program/seeds-sustainability-library>. No personal information/information that could identify participants will be included in these reports or shared with campus partners.

Potential benefits of class project: There are no explicit benefits to you by taking part in this class project. However, the survey will provide you with the opportunity to voice your opinion on your experiences with health-promoting activities or initiatives in a broad sense and will provide the students with an opportunity to learn from your experiences.

Confidentiality: Maintaining the confidentiality of the participants involved in the research is paramount, and no names of participants will be linked to the data collected. At the completion of the course, all data (i.e. notes) and signed consent forms will be stored on a secure electronic drive by Dr. Bundon. All data and consent forms will be destroyed 1 year after completion of the course.

Risks: The risks associated with participating in this research are minimal. There are no known physical, economic, or social risks associated with participation in this study. You should know that your participation is completely voluntary and you are free to withdraw from the study and there will not be negative impacts related to your withdrawal. If you withdraw from the study, all of the information you have shared up until that point will be destroyed.

Contact for information about the study: If you have any questions about this class project, you can contact Grace Poblete by email at gpoblete@student.ubc.ca. For questions about the course (KIN 464), you may contact Andrea Bundon by email at andrea.bundon@ubc.ca.

Research ethics complaints: If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the

Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or e-mail RSIL@ors.ubc.ca . or call toll free 1-877-822-8598.

Consent: Your participation in this study is entirely voluntary and you may refuse to participate or withdraw from the study at any time.

By proceeding with this survey, I am confirming I have read the above information and agree to participate in this research project.

Appendix B: Recruitment materials

Message for BodyWorks newsletter

As part of a course-based research project, kinesiology students from KIN 464 are conducting a study on the potential implementation of a BodyWorks Changing Aging program at various Vancouver community centres.

The goal of this survey is to gather knowledge from past and present BodyWorks participants along with potential participants to expand the Changing Aging program into additional Vancouver community centres.

Specifically, they will be looking at the key success factors and challenges experienced by older adults and how these insights could be used to develop strategies for a successful expansion into new community centres.

This study will expand on various factors that affect program success such as accessibility, participant interests and perceptions, and facility resources, such as staff, equipment, and space.

Posters/recruitment graphics



THE UNIVERSITY
OF BRITISH COLUMBIA
School of Kinesiology

School of Kinesiology
210-6081 University Boulevard
Vancouver, BC Canada V6T 1Z1
Phone 604 822 9192
Fax 604 822 6842
www.kin.ubc.ca

Have you have participated in a BodyWorks Changing Aging program? We would love to hear from you!

About: As part of a course-based research project (KIN 464), we are conducting a study on the satisfaction rate of the BodyWorks Changing Aging program.

Eligibility: We are looking for current or previous participants of the BodyWorks Changing Aging program to complete this survey.

Survey respondents will have the opportunity to enter a draw to win one of the following prizes: Lululemon yoga mat (2), UBC Athletics Prize Pack (4).

Note: For more information about this project, please contact Grace Poblete (gpoblete@student.ubc.ca). The Principal Investigator on this project is Dr. Andrea Bundon (andrea.bundon@ubc.ca).



Interested in
participating?

Scan this QR
code to learn
more and to take
the survey.

Project ID: H17-03560-A017

Group #8 March 1, 2024



THE UNIVERSITY
OF BRITISH COLUMBIA
School of Kinesiology

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210-6081 University Boulevard
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About: As part of a course-based research project (KIN 464), we are conducting a study on the satisfaction rate of the BodyWorks Changing Aging program.

Eligibility: We are looking for current or previous participants of the BodyWorks Changing Aging program to complete this survey.

Survey respondents will have the opportunity to enter a draw to win one of the following prizes: Lululemon yoga mat (2), UBC Athletics Prize Pack (4).

Note: This post is public and anyone who likes, comments, or shares the link will, by doing so, be associated with the study. For more information about this project, please contact Grace Poblete (gpoblete@student.ubc.ca). The Principal Investigator on this project is Dr. Andrea Bundon (andrea.bundon@ubc.ca).



Interested in
participating?

Scan this QR
code to learn
more and to take
the survey.

Project ID: H17-03560-A017

Group #8 March 1, 2024

Poster for Mailing List

Appendix C: Survey Results

Participation in Changing Aging

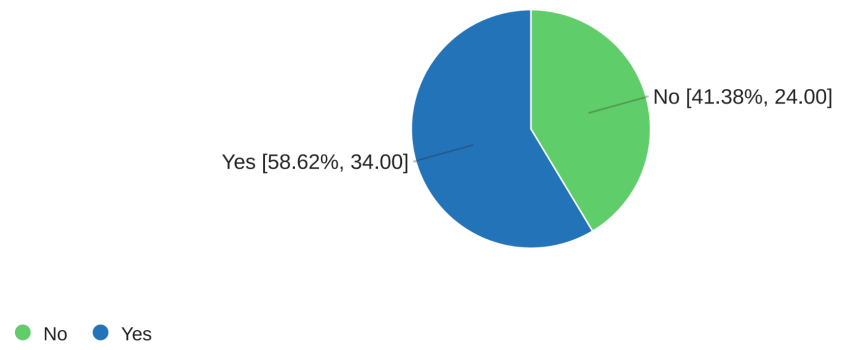


Figure 1: Participation in Changing Aging

Age Range - Set A

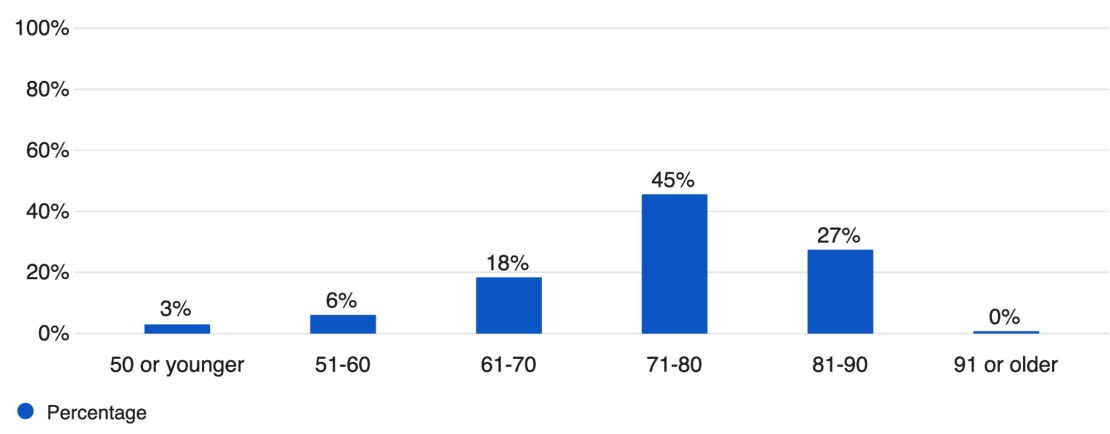


Figure 2: Age Range in Set A Participants

Sex and Gender - Set A

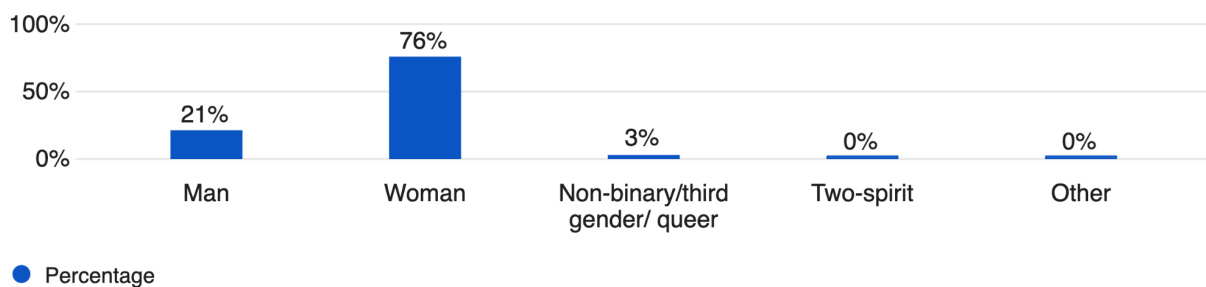


Figure 3: Sex and Gender in Set A Participants

Location of Changing Aging Classes

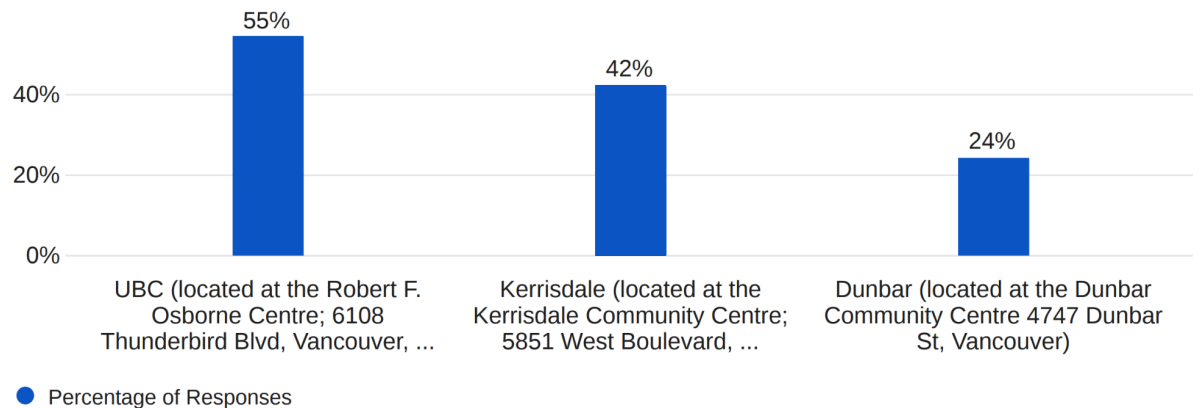


Figure 4: BodyWorks Location of Changing Aging Classes for Set A Participants

Age Range - Set B

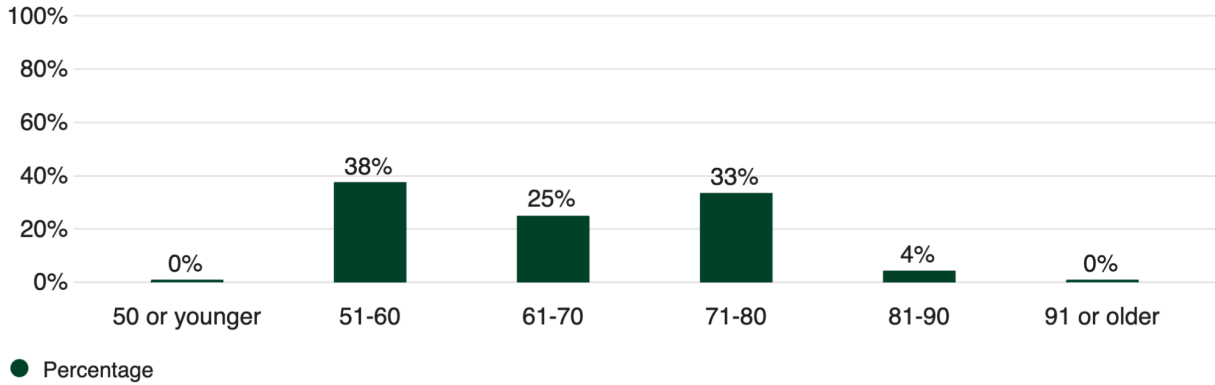


Figure 5: Age Range of Set B Participants

Sex and Gender - Set B

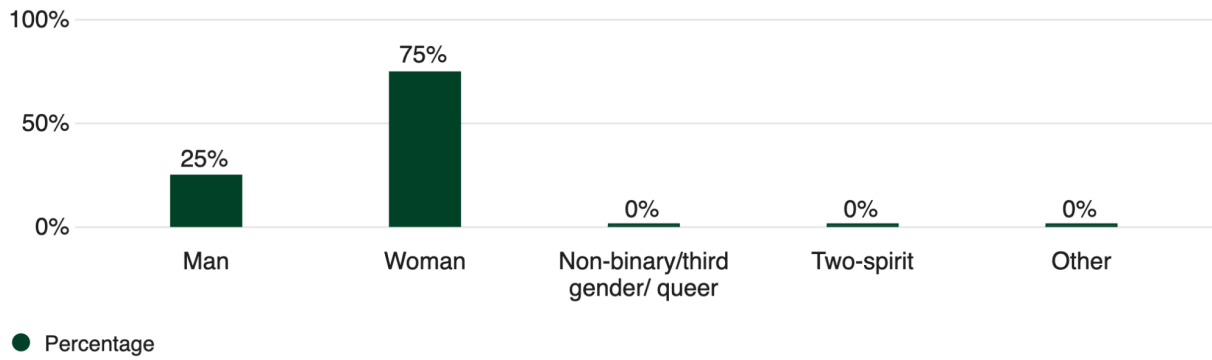


Figure 6: Sex and Gender in Set A Participants

Mode of transportation to Changing Aging Classes

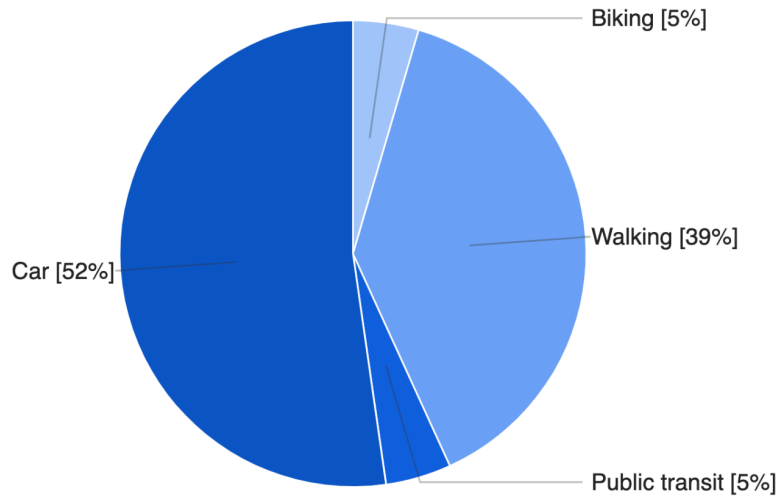


Figure 7: Mode of Transportation to Changing Aging Classes in Set A Participants

Importance of Proximity to BodyWorks

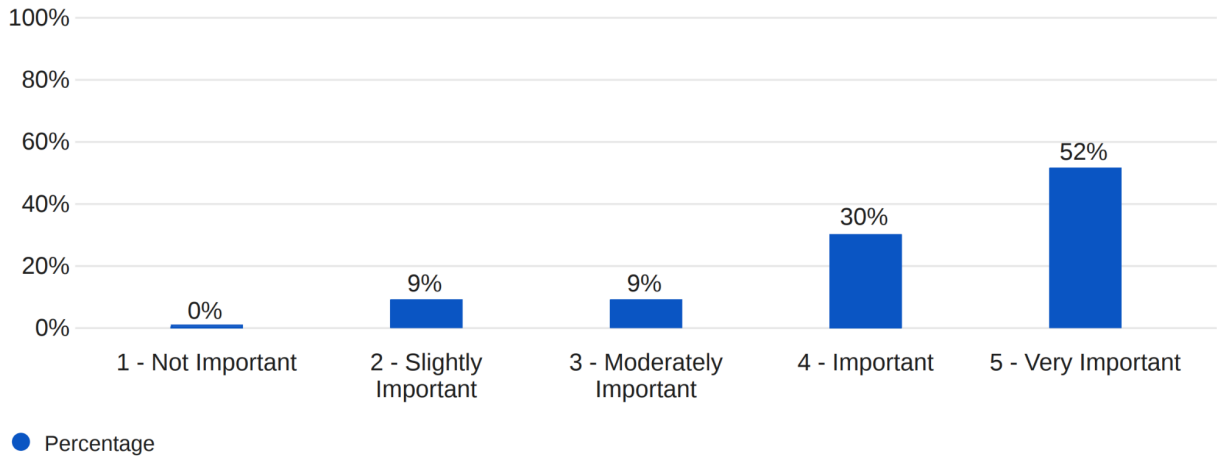


Figure 8: Importance of Proximity to BodyWorks in Set A Participants

Ranked Motivations for Participation in Changing Aging

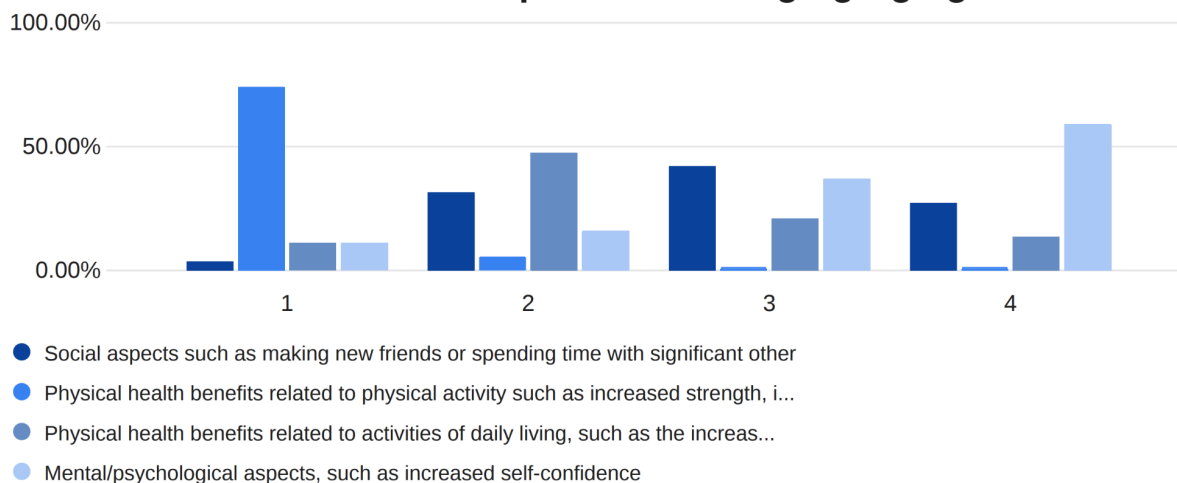


Figure 9: Ranked Motivations for Continued Participation in Changing Aging Classes for Set A Participants

Perceived Level of Support from Changing Aging Instructors and Volunteers

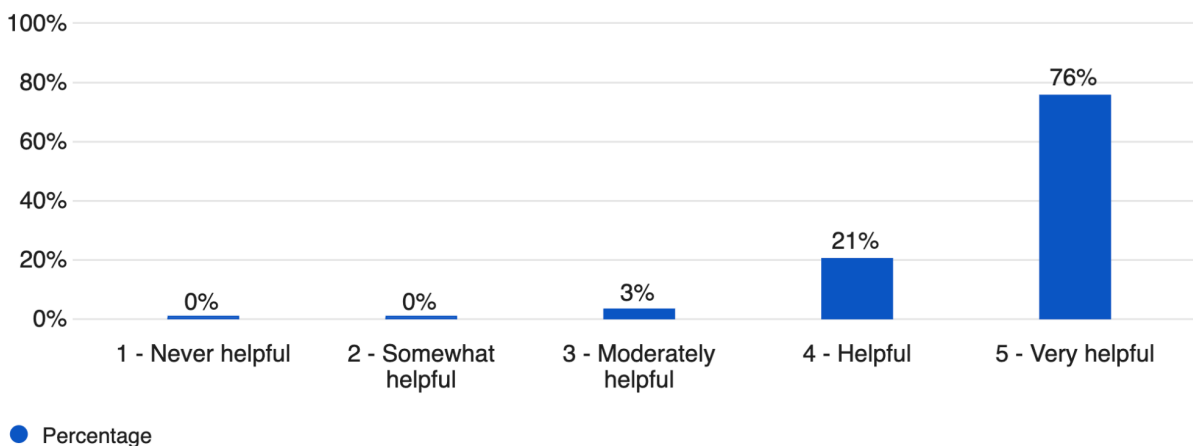


Figure 10: Perceived Level of Support from Changing Aging Instructors and Volunteers in Set A Participants

Previous Experience in Exercise Programs

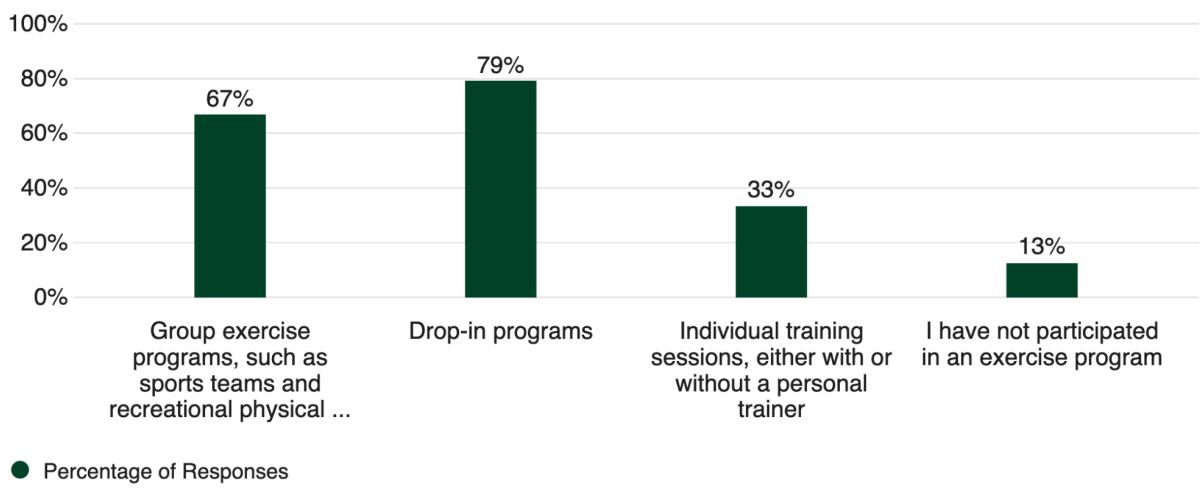


Figure 11: Previous Experiences in Different Types of Exercise Programs in Set B Participants

Main Modes of Transportation

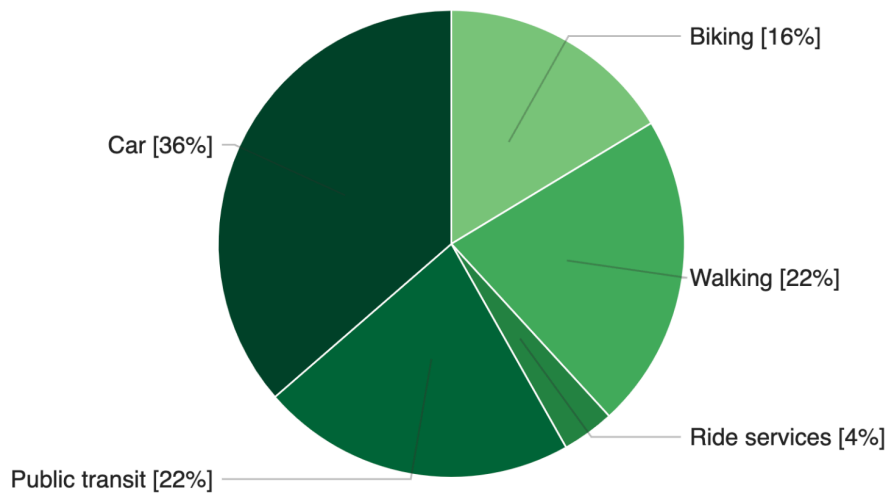


Figure 12: Main Modes of Transportation Used in Set B Participants

Most Important Accessibility or Accommodation Feature

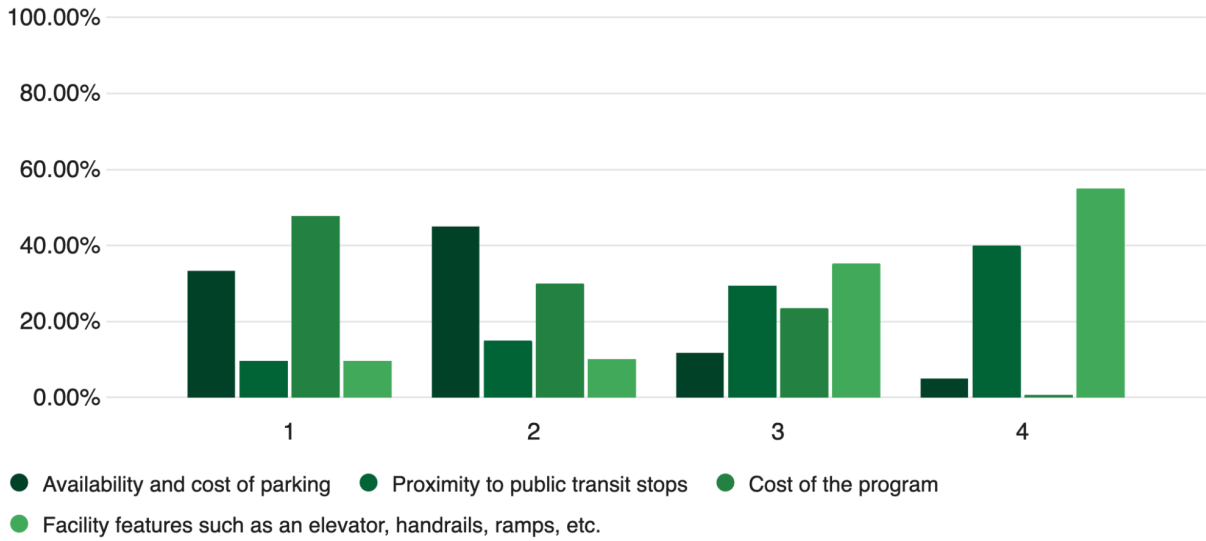


Figure 13: Ranked Importance of Accessibility or Accommodation Features in Set B Participants

Presence of Financial Considerations for Exercise Programs

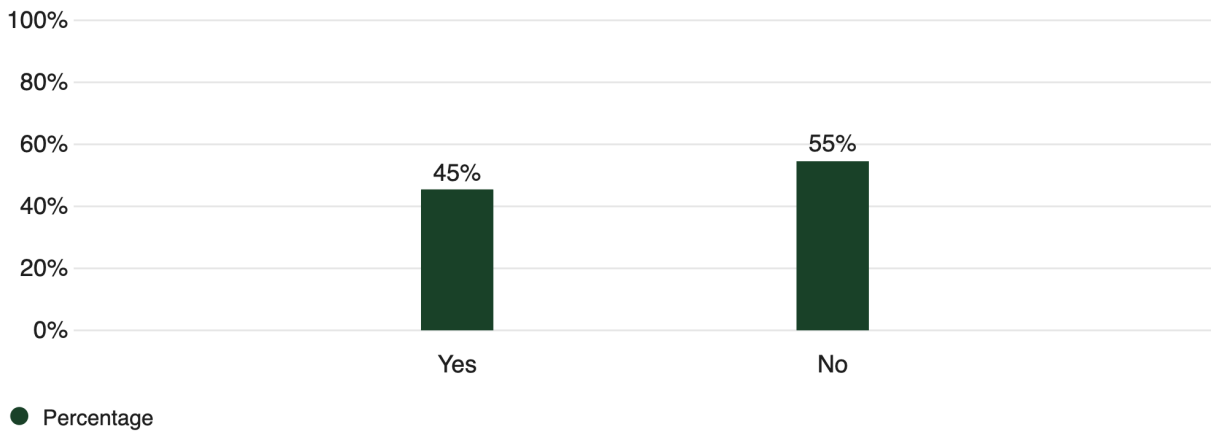


Figure 14: Presence of Financial Considerations for Participation in Exercise Programs for Set B Participants

Perceived Importance of Proximity to Exercise Facilities

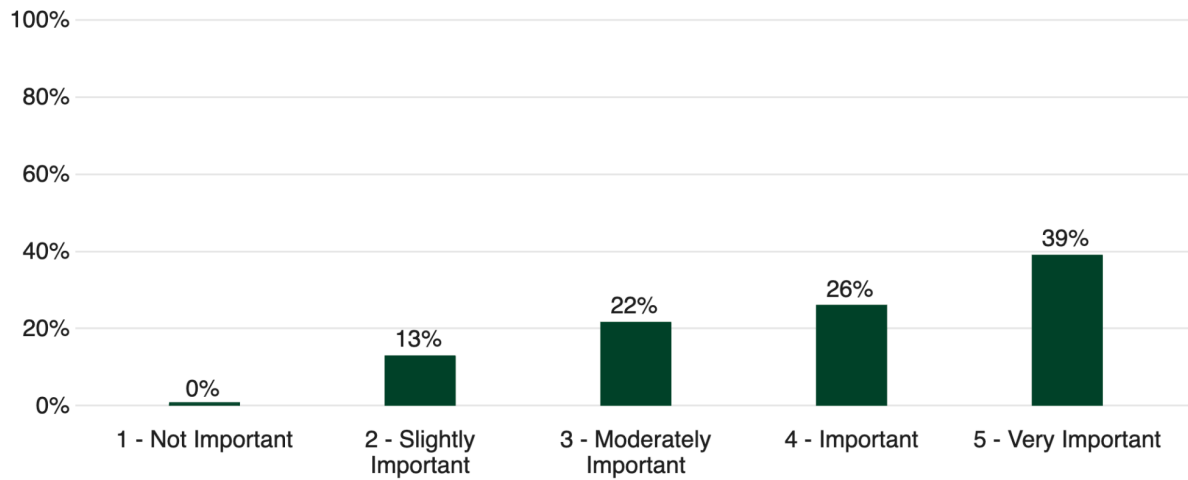


Figure 15: Ranked Perceived Importance of Proximity to Exercise Facilities in Set B Participants

Ranked Perceived Importance of Proximity to Exercise Facilities

Field	Min	Max	Mean	Standard Deviation	Variance	Responses	Sum
Living close to the facility is...	2.00	6.00	4.30	1.49	2.21	23	99.00

Table 1: Ranked Perceived Importance of Proximity to Exercise Facilities - Indicating Mean, Standard Deviation, Variance, and Responses

Preferred Days for Fitness Program Attendance

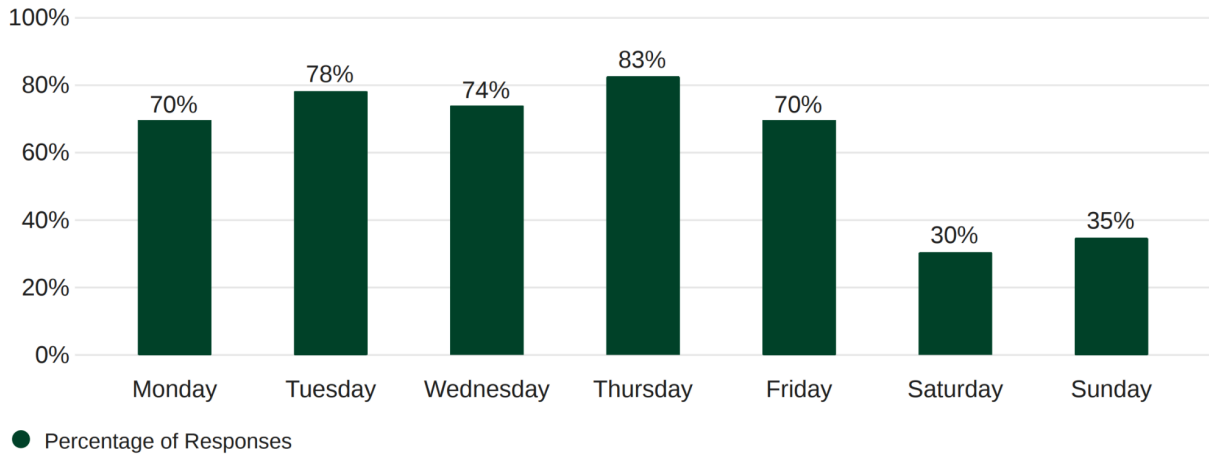


Figure 16: Preferred Days for Fitness Program Attendance in Set B Participants

Preferred Times for Fitness Program Attendance

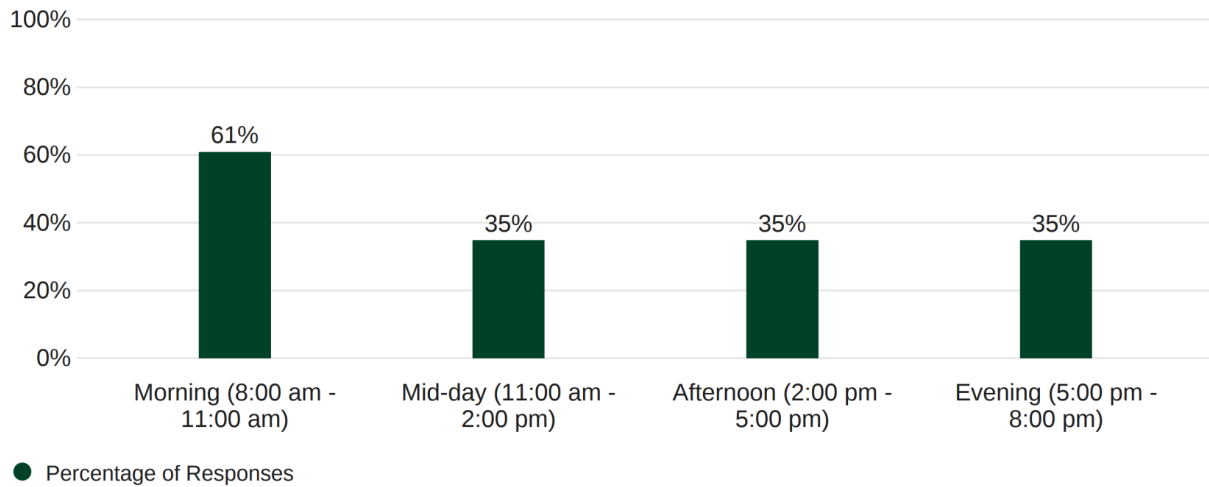


Figure 17: Preferred Timeslots for Fitness Program Attendance in Set B Participants

Preferred Characteristics in an Exercise Leader

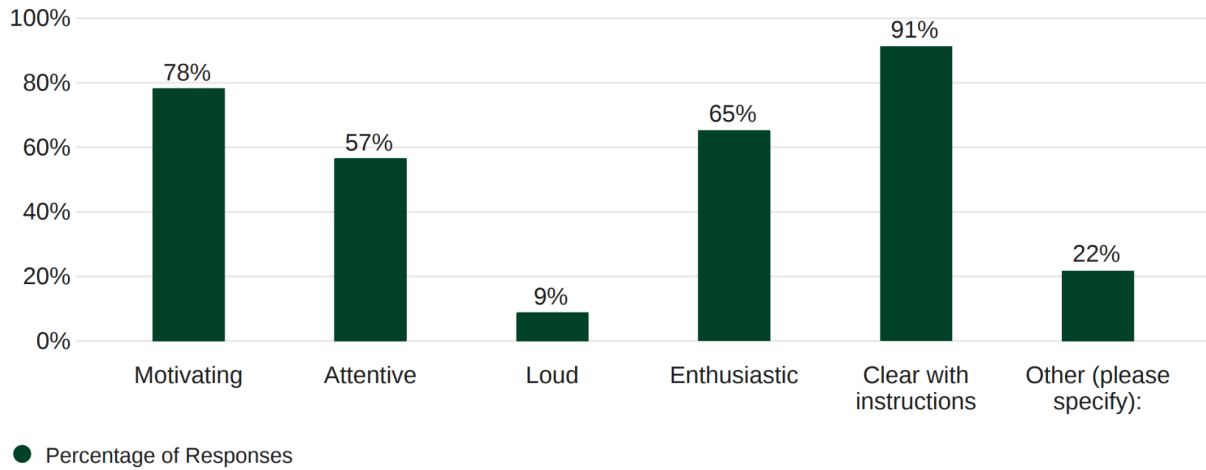


Figure 18: Preferred Characteristics of an Exercise Leader in Set B Participants

Preferred Exercise Equipment and Facilities

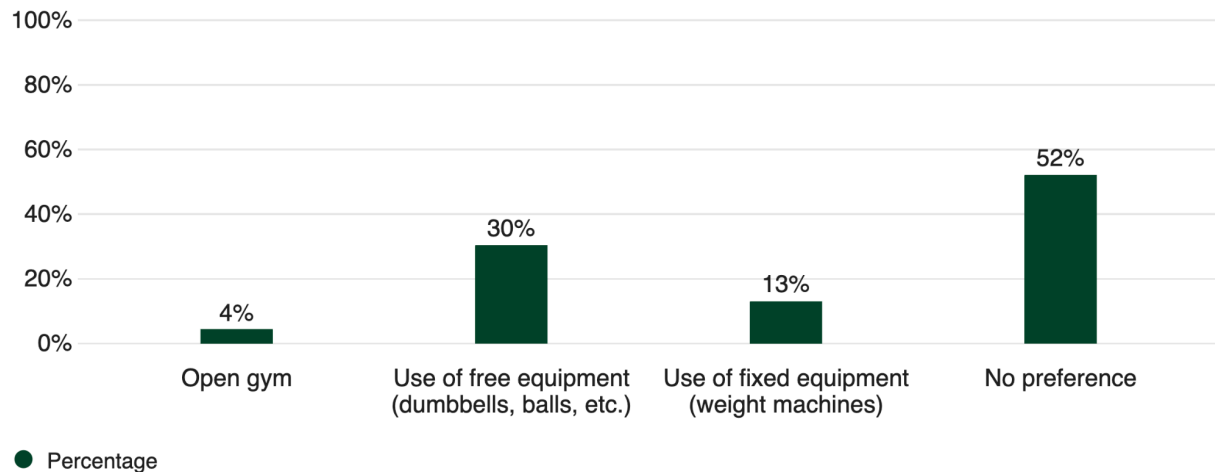


Figure 19: Preferred Types of Exercise Equipment and Facilities in Set B Participants

Individual vs. Group Exercise Preferences

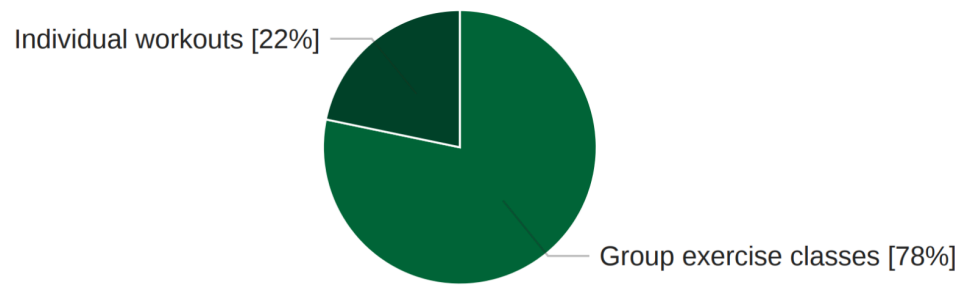


Figure 20: Preferences for Individual vs Group Exercise Classes in Set B Participants

Set A - how BodyWorks and/or Changing Aging Staff can best support participants

How do you feel the BodyWorks and/or Changing Aging staff have best supported you? SET A

Some of the staff were quite patient and helpful, some were less so.

Very well !

my body is becoming a bit stronger

Having the routine of doing Changing Aging twice a week and the fact that we are being challenged every week

Two main features are (1) unfailing positive feedback for efforts, and (2) expert ability to suggest modifications to accommodate sore joint and injuries. A less visible support, but still excellent, is the constant flow of email reminders about holidays, cancellations, upcoming registration.

provision of feed back re correct body position and movement during exercises

Right to have so many staff and volunteers around

I have moderate osteoarthritis & all the staff have been most helpful in all aspects of my struggle to maintain & improve my range of movement.

Instructors making the exercises fun and enjoyable; excellent instructor (spinning classes) humour and encouragement made it a fantastic experience

M just starting at the end of April

The coaches make sure my form is optimal for each exercise.

By encouraging best efforts, though being aware of limitations.

Friendly and welcoming, ready to respond to many questions

Got to know our names, encouraging

Doing weights in the correct manner

Most is the students are enthusiastic and helpful. The leaders are so supportive and take the time to ensure participants are doing the exercise correctly.

They are very willing to adapt and change exercises.

They were motivating, very well-informed, attentive, observant, and warm & friendly

Exceptional

Very encouraging; willing to provide alternatives when needed

Figure 21: How BodyWorks and/or Changing Aging Staff an Best Support Set B Participants

Times participants would most likely to attend a fitness program

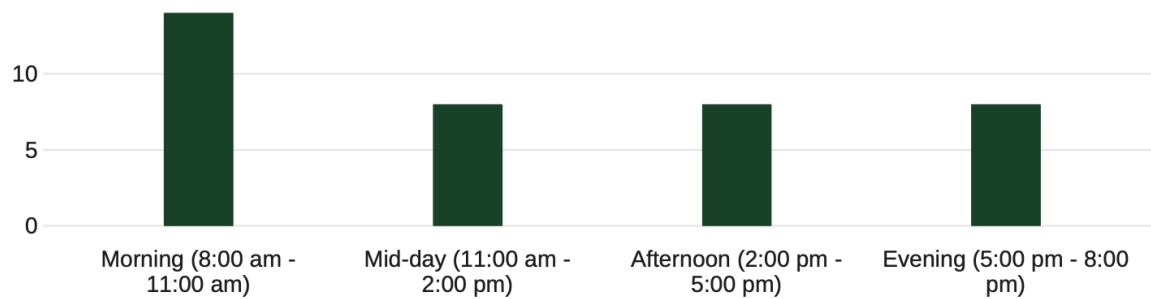


Figure 22: Times Set B Participants would most likely Attend a Fitness Program

Set A - what the BodyWorks team can do to make participants' experience better

What could the BodyWorks team do to make your experience better? SET A

More awareness of specific health and mobility issues in aging populations

Give more 1:1 specific feedback and instruction

Your volunteers are excellent. I would like more corrections on how I do the exercises.

The most beneficial Brain game was the time we had to name degrees - I connected with a participant who had the same degree and interest as myself!!!

Everyone, old and young, forgets peoples' names. Why not insist that everyone wears a nametag or label, even the long timers, so that it just becomes the norm.

i don't know how you can manage the sound at UBC Osborne, I have only attended one session there so was at the end of the row and only heard very little of the warm up and cool down dialogue

weave humour into routines, initial "showing" how it is done; praise when successful.

Can't say until I'm finished

Some speak too quietly and/or quickly when giving instructions.

Make all the exercises appropriate for activities of daily living

Start on time and wear nametags from the first day!

Expand the program to my community centre

Nothing

perhaps music for some of the class

Make the program more challenging

I have no suggestions. It is an excellent program

Explain the muscle group being targeted and why it is important. Also how it should feel if being done correctly or incorrectly

Nothing

I can't think of anything!

Have weights more centrally located in the room

Figure 23: What the BodyWorks Team can do to make Set A Participants' Experiences Better

Set B - appeal between individual workouts and group exercise classes



Figure 24: Appeal Between Individual Workouts and Group Exercise Classes in Set B

Set B - rationales for appeal in individual workouts

Individual workouts - Text

Flexible timing

Figure 25: Rationales for Appeal in Individual Workouts in Set B

Set B - rationales for appeal in group exercise classes

Group exercise classes - Text

The sense of community which develops. I am not a gifted athlete and learn by watching others.

Motivation

enjoy exercising with people, makes it fun

More motivation

I get guidance

Group spirit

Being surrounded by people

Be in a room with other people working hard

Meeting new people

due to the social aspect

Figure 26: Rationales for Appeal in Group Exercise Classes in Set B

Set B - specific amenities or additional resources expected from an exercise facility

Are there any specific amenities or additional resources you expect from an exercise facility, such as locker rooms or showers? SET B

Coat rack.

If not both then locker rooms over showers.

Place to hold your stuff

Bike locker areas

No

No

No

Locker

Locker room

I would expect there to be lockers and showers

Locker rooms

Locker room

Open space

Figure 27: Specific Amenities or Additional Resources Expected from an Exercise Facility in Set B

Set B - preferences regarding the layout or design of the exercise facility

Do you have any preferences regarding the layout or design of the exercise facility, such as open spaces, natural lighting, or specific architectural features? SET B

None
Good HVAC, especially air circulation and natural lighting.
No
no
Open spaces and natural lighting
Plenty of open soace to move so participants are not too crowded together
No
Open soace
Space and good lighting preferably natural
I would like there to be lots of space and the area is well lit
Natural lighting
Windows
Natural light

Figure 28: Preferences Regarding the Layout or Design of the Exercise Facility in Set B

Appendix D: Survey Questions

Default Question Block

CLASS PROJECT: Health Promotion and Physical Activity (KIN 464)

Participant Consent Form: Does BodyWORK?: Assessment of Opportunities to Expand the Changing Aging Program (Group #8)

Project ID: H17-03560-A017

Principal Investigator: Dr. Andrea Bundon (Assistant Professor, School of Kinesiology, Faculty of Education)

The purpose of the class project: To gather knowledge from past and present BodyWorks participants along with potential participants to expand the Changing Aging program into additional Vancouver community centers. Specifically, we will be looking at the key success factors and challenges experienced by older adults and how these insights could be used to develop strategies for a successful expansion into new community centers. This study will expand on various factors that affect program success such as accessibility, participant interest and perceptions, and facility resources, such as staff,

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<https://sustain.ubc.ca/courses-degrees/alternative-credit-options/seeds-sustainability-program/seeds-sustainability-library> No personal information/information that could identify participants will be included in these reports or shared with campus partners.

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Consent: Your participation in this study is entirely voluntary and you may refuse to participate or withdraw from the study at any time.

By proceeding with this survey, I am confirming I have read the above information and agree to participate in this research project.

I have read the information above and consent to participating in this research project

Yes

No

Have you ever participated in or are currently participating in the UBC BodyWorks Changing Aging Program?

Yes

No

End of Survey

Thank you for your response. Please exit this survey by closing this tab.

Demographic Questions SET A

Which BodyWorks location(s) do/did you Changing Aging classes?

- UBC (located at the Robert F. Osborne Centre; 6108 Thunderbird Blvd, Vancouver, BC)
- Kerrisdale (located at the Kerrisdale Community Centre; 5851 West Boulevard, Vancouver, BC)
- Dunbar (located at the Dunbar Community Centre 4747 Dunbar St, Vancouver)

Age (please select the age range that includes your current age) SET A

- 50 or younger
- 51-60
- 61-70
- 71-80
- 81-90
- 91 or older

Gender SET A

- Man
- Woman
- Non-binary/third gender/ queer
- Two-spirit
- Other

How did you hear about this survey? SET A

- Word-of-mouth/active recruitment via in-class promotion
- Word-of-mouth from other participants
- Poster inside of program facility (Osborne, Kerrisdale community centre, Dunbar community centre)

- Poster in frequently visited establishments/public places (coffee shop, clinics, etc.)
- Online newsletter from BodyWorks mailing list
- Other (please specify):

Block 9

Age (please select the age range that includes your current age)

- 50 or younger
- 51-60
- 61-70
- 71-80
- 81-90
- 91 or older

Block 10

Thank you for your response. Please exit this survey by closing this tab.

Demographic questions SET B

Have you ever participated in an exercise program? If so, please select all that apply. SET B

- Group exercise programs, such as sports teams and recreational physical activities
- Drop-in programs
- Individual training sessions, either with or without a personal trainer
- I have not participated in an exercise program

Gender SET B

- Man
- Woman
- Non-binary/third gender/ queer
- Two-spirit
- Other

How did you hear about this survey? SET B

- Word-of-mouth/active recruitment via in-class promotion
- Word-of-mouth from other participants
- Poster inside of program facility (Osborne, Kerrisdale community centre, Dunbar community centre)
- Poster in frequently visited establishments/public places (coffee shop, clinics, etc.)
- Online newsletter from BodyWorks mailing list

Other (please specify):

Accessibility SET A

How do/did you get to Changing Aging Classes? Please select all that apply. SET A

- Car
- Public transit, including bus, SkyTrain
- Ride services, such as Uber, Taxi services, Lyft
- Walking
- Biking
- Other (please specify):

On a scale of 1-5, how easy is/was it to commute to the program facility from your home? Please reflect on your typical commute experiences (not including unexpected traffic/accidents on the road or any other extenuating circumstances) SET A

	1 - Very Easy	2 - Somewhat Easy	3 - Neutral	4 - Somewhat Difficult	5 - Very Difficult
Commuting to BodyWorks was/is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On a scale from 1-5, how important is the proximity of exercise facilities or programs to your home or workplace in terms of accessibility? SET A

	1 - Not Important	2 - Slightly Important	3 - Moderately Important	4 - Important	5 - Very Important
Living close to the facility is...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any mobility or physical conditions that need to be considered when choosing an exercise program? If yes, please elaborate. SET A

- Yes
- No
- Not Applicable

Accessibility SET B

What are your main modes transportation? Please select all that apply. SET B

Car

- Public transit, including bus, SkyTrain
- Ride services, such as Uber, Taxi services, Lyft
- Walking
- Biking
- Other (please specify):

What accessibility features or accommodations are important to you when considering an exercise program? Please rank from most to least important (1 being most important, 4 being least important). You may only click each answer once. SET B

		1	2	3	4
Availability and cost of parking		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Proximity to public transit stops		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of the program		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Facility features such as an elevator, handrails, ramps, etc.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you ever considered or used virtual or online exercise programs? If so, what was your experience? SET B

Yes (please explain):

No

Not Applicable

Are there any financial considerations or affordability factors that impact your ability to participate in certain exercise programs? If so, please elaborate SET B

Yes

No

Not Applicable

On a scale from 1-5, how important is the proximity of exercise facilities or programs to your home or workplace in terms of accessibility? SET B

1 - Not Important 2 - Slightly Important 3 - Moderately Important 4 - Important 5 - Very Important

Living close to the facility is...

Do you have any mobility or physical conditions that need to be considered when choosing an exercise program? If

yes, please elaborate. SET B

Yes

No

Not Applicable

Participant Interest and Participation SET A

On a scale of 1 to 5, How much do/did you enjoy being part of the Changing Aging program? SET A

1 - Did not
2 - Somewhat
3 - Neutral
4 - Moderately
5 - Very much

I __ enjoy(ed)
being part of the
Changing Aging
program.

What aspects of the program do/did you enjoy the most that made you stay in the program? Please rank the following options (1 being most important, 4 being least important). You may only click each answer once. SET A

1 2 3 4

Social aspects such as making new friends or spending time with significant other

Physical health benefits related to physical activity such as increased strength, increased cardiovascular endurance, increased balance, etc.

Physical health benefits related to activities of daily living, such as the increased ability to complete everyday tasks, the ability to stand for long periods, etc.

Mental/psychological aspects, such as increased self-confidence

Participant Interest and Participation SET B

On a scale of 1 to 5, how interested would you be in participating in a group exercise program? SET B

1 - Not interested 2 - Slightly interested 3 - Moderately interested 4 - Interested 5 - Very Interested

I am __ in participating in a group exercise program.

On a scale of 1 to 6, how positive were your previous experiences with group exercise? SET B

1 - I have never participated 3 -

in group
exercise

2 - Very
negative

Somewhat
negative

4 -
Neutral

5 -
Positive

6 - Very
positive

My previous
experiences with
group exercise
were _ _ _ _



Are you more drawn to individual workouts or group exercise classes? What aspects of your chosen exercise type appeal to you? SET B

- Individual workouts
- Group exercise classes
- Not applicable

Which benefits of participating in an exercise program do you consider to be the most significant? Please rank the following options (1 being most important, 4 being least important). You may only click each answer once. SET B

1 2 3 4

Social aspects such as making new friends or spending time with significant other



Physical health benefits related to physical activity such as increased strength, increased cardiovascular endurance,



increased balance, etc.

Physical health benefits related to daily living, such as the increased ability to complete everyday tasks, ability to stand for long periods,

Mental/psychological aspects, such as increased self-confidence

Which of the following times would you be most likely to attend a fitness program? Select all that apply. SET B

- Morning (8:00 am - 11:00 am)
- Mid-day (11:00 am - 2:00 pm)
- Afternoon (2:00 pm - 5:00 pm)
- Evening (5:00 pm - 8:00 pm)

Which of the following days would you be most likely to attend a fitness program? Select all that apply. SET B

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Facility and Program Resources (staff, equipment, space) SET A

How do you feel the BodyWorks and/or Changing Aging staff have best supported you? SET A

On a scale from 1-5, how helpful were the Changing Aging instructors and volunteers in providing modifications, feedback, cues, or any other kind of exercise support? SET A

	1 - Never helpful	2 - Somewhat helpful	3 - Moderately helpful	4 - Helpful	5 - Very helpful
The staff were/are...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What could the BodyWorks team do to make your experience better? SET A

Facility and Program Resources (staff, equipment, space) SET B

Which of the following characteristics of an exercise leader do you feel are most important to you? Select all that apply. SET B

- Motivating
- Attentive
- Loud
- Enthusiastic
- Clear with instructions
- Other (please specify):

What type of exercise equipment and facilities are you most interested in utilizing within an exercise program?
SET B

- Open gym
- Use of free equipment (dumbbells, balls, etc.)
- Use of fixed equipment (weight machines)
- No preference

Are there any specific amenities or additional resources

you expect from an exercise facility, such as locker rooms or showers? SET B

Do you have any preferences regarding the layout or design of the exercise facility, such as open spaces, natural lighting, or specific architectural features? SET B

What is Changing Aging and BodyWorks

Below is a description of the Changing Aging program, which is one of the exercise programs offered by BodyWorks under UBC's School of Kinesiology. After reading the text, please continue the survey by clicking on the blue arrow at the bottom of the page.

This 55+ evidence-based program is a specialty class for older adults. It focuses on strength, mobility, and cardiovascular health through muscle- and bone-strengthening exercises followed by intervals of aerobic exercise. Additional focuses include exercises to improve

change of direction, reaction time, and core stability. Modifications are provided to accommodate different abilities and limitations. Program features include exercising in a safe space with other like-minded adults and supportive instructors, strengthening muscles used in activities of daily living, and practicing change of direction, reaction time, and stability drills to improve walking confidence

If you would like to learn more about the Changing Aging program, please copy this link and paste it into the search bar of a new tab:

<https://kin.educ.ubc.ca/outreach/body-works/exerciseprograms/>

Block 2

Thank you for completing the survey. The following page will redirect you to a new survey where you can enter the draw for prizes (2 Lululemon yoga mats and 4 UBC Athletics Prize Packs).

You will need our group number to enter the draw -

GROUP 8

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