Dear Project Enhance Affiliates and Leaders,

We’ve received requests for guidance on best practices given the social distancing restrictions in our communities. We recommend that all implementation be done in line with the policies of your organization and the current directives of public health agencies. In addition, here are our recommendations:

We recognize the difficulty people are facing due to the temporary closure of local EnhanceFitness (EF) classes in the community. We do not have videos of EF because the in-person instructor is key to the evidence-base and safety of this intervention. To keep people moving during closures, we are recommending these free physical activity resources from the National Institute on Aging (NIA) and National Center on Health, Physical Activity and Disability, which offer a variety of inclusive videos:

- NIH National Institute on Aging Physical Activity Guide
- National Center on Health, Physical Activity and Disability (NCHPAD) Exercising at Home: Strength and Cardio (YouTube)

Findings from recent and in-progress research studies on phone-based EnhanceWellness (EW) delivery are demonstrating the efficacy of EW health coaching delivered by phone or videoconference. If phone-based meetings with EW participants are an option for your organization, please view our recorded webinar.

For a copy of the slide deck, please contact paiged@soundgenerations.org. At this time, remote training of new EW affiliates is not available, but we are exploring.

Thanks so much for all you are doing to support your participants during this unprecedented time. Please stay safe—we have important work to do and a community that depends on us.

In support,

Paige, Barry and Meghan - Your Project Enhance Team

www.projectenhance.org