

# The Active Aging Toolkit:

## Promoting Physical Activity in Older Adults for Healthcare Providers

### Executive Summary

In response to the [National Blueprint Increasing Physical Activities Among Adults Age 50 and Older](#), The **Active Aging Toolkit** has been developed as a collaborate effort of the Blueprint, professional organizations, and private industry as an evidence-based and an easy-to-instruct program for healthcare providers to educate their patients on increasing physical activity. Because physical activity is known to be essential in the prevention and management of chronic diseases, healthcare providers are the most important motivators for older adults to begin physical activity programs.

**The purpose of this Toolkit is to provide specific interventions and programs to improve health and functional ability, to promote independence, and to prevent chronic disease and disability in older adults.** The *Toolkit* allows healthcare providers to more effectively communicate with patients, including specific strategies for changing perceptions and behaviors toward physical activity, guidelines, educational materials, and research to support evidence-based practice.

The *Toolkit* focuses on a “HOW TO” approach:

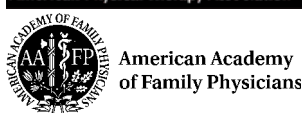
- *assess current levels of physical activity*
- *counsel patients to change behaviors and perceptions on physical activity*
- *assess individual risk for physical activity and exercise*
- *asses individual physical ability and functional limitations*
- *identify individual needs & establish goals*
- *determine initial physical activity prescription*
- *progress activity and track progress*
- *modify programs for specific subgroups*
- *keep individuals motivated & improve compliance*



### Toolkit Contents

1. The **Active Aging Toolkit Provider Manual** includes professional “how to” information on:
  - strategies to promote physical activity to older adults.
  - assessment tools to help individualize physical activity programs.
  - individualized, evidence-based physical activity programming options.
  - guidelines to modify, progress, motivate, and follow-up.
  - resources for more information and referral to community resources that provide evidence-based, specific, and individualized physical activity programs for older adults.
2. **The First Step to Active Health™ Program.** A progressive, 4-step program that provides evidence-based, specific, and individualized physical activity programs for older adults. Includes cardiorespiratory, flexibility, strength, and balance activities.
3. **Website** ([www.FirstStepToActiveHealth.com](http://www.FirstStepToActiveHealth.com)) for healthcare providers and consumers that includes the First Step to Active Health™ program and other resources for healthcare providers.

### Educational Partners



For more information, contact Phil Page, PT, MS, ATC, CSCS at [ppage@thera-band.com](mailto:ppage@thera-band.com)