

# IMPACT

University of Idaho  
Extension

Idaho County, 208.983.2667, Fax: 208.983.0251  
320 W. Main, Courthouse Rm 3, Grangeville, ID 83530

## Healthy lifestyles programs improve overall health & fitness of participants

### The Situation

The 2008 Physical Activity Guidelines recommend a minimum of 150 minutes per week of moderate aerobic activity, and a minimum of 2 days per week of strength training for adults ages 18-64 (Department of Health & Human Services). According to the National Center for Chronic Disease Prevention, only 33.4% of adults in Idaho participate in 20 plus minutes of physical activity 3 or more days per week.

Adult obesity rates increased in 37 states in the past year for the second consecutive year. Not one state saw a decrease. An estimated 2/3 of American adults are overweight or obese, and an estimated 23 million children are either overweight or obese! In Idaho, our overweight adults sit at 38%, roughly 1.4% above the national average, and 25.1% are listed as obese.

The state of Idaho ranks 31 out of the 51 states in percentage of obese adults (24.6%) with 1 = highest rate of obesity and 51 = lowest rate of obesity (Idaho Behavioral Risk Factor Surveillance Survey, BRFSS, 2007).

Heart disease is one of the most common causes of death in the United States and in Idaho. In 2005, 36.3% of screened adults had been told they have high cholesterol and 23.6% had been told they had high blood pressure, both leading causes of heart disease (Idaho BRFSS).

Investment in effective community-based disease-prevention programs that promote increased physical activity and good nutrition were needed in Idaho County.

### Our Response

To address the lack of educational programs in the areas of physical activity and healthy nutritional



Kick Your Bootcamp; Kristie Frey and Shelly Lothspeich.

choices, University of Idaho Extension, Idaho County in partnership with Groaners Camas Fitness Club began offering two programs: Strength & Balance and Kick Your Bootcamp.

Strength & Balance classes are offered once a week from October thru May. The classes are structured in a circuit with 10 to 13 stations focused on full-body strength training exercises, balance work, and increasing range-of-motion through flexibility exercises. Participants are taught new exercises weekly and are given nutritional advice to improve overall performance. Participants are encouraged to exercise a minimum of two other days a week for maximum health benefits.

Kick Your Bootcamp classes are offered outside, twice a week from June thru September. The classes begin and end with a fitness assessment of each participant in the following areas: age, weight, height, resting heart rate, recovery heart rate, body circumference measurements, body fat percentage, muscu-

lar endurance, muscular strength, and vertical jump. Classes include nutritional education; and exercises focused on cardiovascular endurance, core strength, agility and movement speed, balance and flexibility, muscular strength and muscular endurance.

**Program Outcomes**

Participants involved in Strength & Balance classes ranged in age from 18 to 67. Both men and women participated on a regular basis, with the class numbers ranging from 5-15 per session.

When participants were asked how the class has impacted their lives, comments included:

- “The flexibility in my hamstrings has improved over time which has led to fewer lower back problems.” Naomi, 38
- “By attending Strength & Balance classes, I have learned many exercises and can now feel confident working out on my own.” Chivana, 32
- “I have noticed that in my daily life I have more endurance, strength, and better balance from all the varied workouts we did.” Sue, 53

Table 1. Outlines percentage of fitness assessment improvements gained by participants in their overall health and fitness by attending Kick Your Bootcamp classes in 2009.

Test	Percentage of Participants
Weight (lbs.) - % loss	70%
Resting Heart Rate - % decrease	71%
Recovery Heart Rate - % decrease	86%
Body Circumference - % decrease	62%
Body Fat % - % decrease	88%
Muscular Endurance - % increase	88%
Muscular Strength - % increase	100%
Vertical Jump - % increase	63%

Results from pre and post fitness assessments show an overall increase in participants’ health and wellness.

**FOR MORE INFORMATION**

**Kirstin Jensen**, Extension Educator  
 University of Idaho Extension, Idaho County  
 320 West Main, Courthouse Room 3  
 Grangeville, ID 83530  
 Phone: 208.983.2667  
 Fax: 208.983.0251  
 E-mail: kdjensen@uidaho.edu

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