



# How NIFS Managers Spend Their Time In Senior Living Fitness Centers

We are often asked by prospective senior living clients how NIFS staff manage their time in a community fitness program. Using our monthly report data and through some Q&A with our staff, we pulled together the data below. The information is based on several client settings where we provide one full-time employee to manage the client's fitness program.

**Here's how the math breaks down on hours per week for all of the services above:**

- 5.5 hours per week teaching.
- 28 exercise prescriptions per month = 7 per week at 90 minutes per appointment = 10.5 hours per week.
- 11 fitness tests per month = 2.75 per week at 60 minutes per appointment = 2.75 hours per week.
- 55 other appointments per month (orientations, blood pressure checks, etc.) = 14 per week at 15 minutes per appointment = 3.5 hours per week.
- Roughly 20 to 25 hours per week spent directly providing these kinds of services, allowing another 15 to 20 hours per week for program development, recreational activities like Wii Bowling, coordination/collaboration with other departments, meetings, and reporting or other administrative tasks.

How does this compare to what your fitness staff is doing? Maybe your senior fitness program could use a boost in productivity to draw in more residents.

**The following points of clarification provide more information about this data:**

This data set does not include the one to two additional classes per week that many of our staff are teaching in AL/health center environments. That could easily represent an additional one to two hours each week excluded from the time outline above.

We don't typically recommend classes that are longer than 45 minutes for this audience, both from an endurance standpoint (for some) and from the perspective that the lifestyle calendar is typically really full and we don't need to take up more time than necessary when members have many other things to be doing. We want exercise to be as attractive and as easy to fit in as possible, and it's quite appropriate to expect a solid, effective workout from a 30-minute class.

At most of these locations, there is at least one outside instructor teaching a specialty format class like Zumba Gold, tai chi, etc. These above figures represent what our staff teach as part of their 40-hour work week.

**To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website [wellness.nifs.org](http://wellness.nifs.org) or contact Bethany Garrity at 317-274-3432 or by email.**

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