

# NIFS Annual Program Report

██████████ Fitness Center

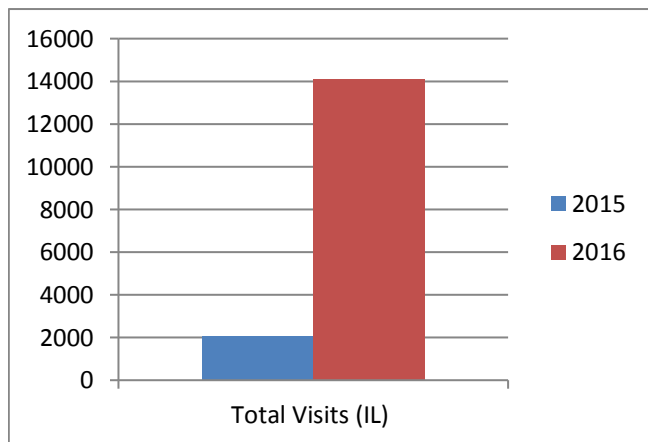
## 2016 vs 2015

This report details outcomes from ██████████ residents' participation in initiatives supported by NIFS.

### Overall Visit Growth:

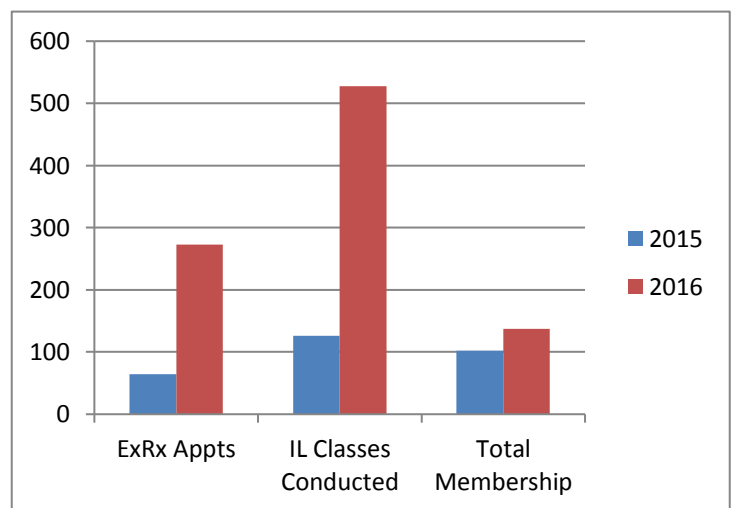
#### Independent Living

In 2016, the fitness program achieved 14,099 total visits by independent living residents to the fitness center and through program/service offerings. This is an increase in total participation by 485% up from 2,049 total visits in 2015. (Note – we didn't start tracking and reporting data until August 2015 so this compares 5 months of data from 2015 when Alyssa was 20 hrs/wk compared to 12 months of data in 2016 when she was 40 hrs/wk.)



### Detailed Program Growth:

- ▲ Average Visits/Day – Increased by 36%
- ▲ Exercise Prescription Appts – Increased by 327%
- ▲ IL Classes Conducted – Increased by 375%
- ▲ Total Membership – Increased by 34%



### 2016 Highlights:

- Expanded staffing hours to 40 hrs/wk schedule in January 2016 which allowed for additional weekly group fitness classes on the calendar
- Purchased an array of small equipment to accommodate participants and classes including: hand grips, small weights, and resistance bands
- Executed a variety of programs including the Summer Olympic Games and Active Aging Week which helped us improve participation amongst users in the 5+ and 8+ visit category for the given months
- Contributed to a variety of marketing promotions and video clips for the community

### Considerations for 2017:

- Adding three new resistance chairs to better accommodate volume of class participants
- Implementing a new system for NIFS to track follow up appointment needs of members with the goal of improving awareness and use of the complimentary senior fitness evaluation and exercise prescription services
- Adding Cardio Drumming to the roster of classes
- Focusing on additional recreational programs to promote physical activity outside of structured exercise including: pickleball off campus, Active Adventure trail walking outings, and miscellaneous outdoor games