



***STRENGTH TRAINING***  
*a fall prevention fitness program*

***PROGRAM OVERVIEW FOR INTERESTED AGENCIES***

**Evidence Based - Practice Tested Intervention**  
*as found in the SNAP-Ed Toolkit*

**Healthy Aging Association**

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## **WHAT IS YOUNG AT HEART?**

Healthy Aging Association (HAA), Modesto CA implemented the first Young at Heart classes in partnership with the Stanislaus County Area Agency on Aging in 2000. HAA started with four regional classes and typically has over 30 class locations throughout the county. These Young at Heart Strength Training classes are specifically designed for older adults 60 and better to help assist in maintaining independence and reducing the risk of falling.

## CLASS DESIGN

The program is designed to help maintain overall mobility, improve strength, flexibility and reduce the risk of falls in older adults.

- Each class meets two - three days a week with at least one day of rest in-between sessions.
- The class meets for a minimum of 32 sessions, but can be ongoing.
- Classes are 1-hour long.
- All classes are progressive to help eliminate muscle soreness.
- The class utilizes chairs without arms or wheels and all exercises can be done sitting or standing near the chair.
- Resistance tubes are utilized for all upper body exercises, however no equipment can be used if unable to use equipment safely and correctly.
  - *All equipment used in class must be equivalent to a Premium Versa Tubes (48") with soft handles.*
- Each strength building exercise is immediately followed by a stretch to help our population maintain activities of daily living and to reduce muscle soreness.
- Lay leader model



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***Become a Lead Trainer to bring  
Young at Heart Strength Training to Your County!***

## THE LEAD TRAINER CERTIFICATION \$2,500

### Lead Trainers Certification Includes

- 12 hour/2 day training led by Healthy Aging Association's Master Trainers.
- Lead Trainer Binder and digital copy of implementation materials
- License Fee (*License fee is good for one county, additional license fee is \$1,500 per county*)
- Equipment for the Lead Trainer (two (2) resistance tubes)
- Quarterly contact and support from Healthy Aging Association's Master Trainers

## ANNUAL RENEWAL \$200 (*Renews every October*)

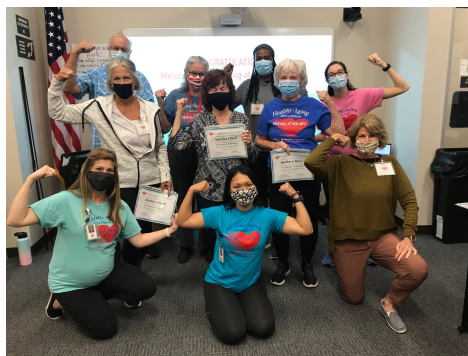
### Duties of Lead Trainers for Renewal

- Train and Certify Instructors as indicated in training materials
- Evaluate each instructor annually
- Hold 3 annual meetings for certified instructors
- Distribute the Instructor Bulletin Quarterly
- Attend a minimum of 3 quarterly conference/Zoom meetings.

## Perks of joining a training in Modesto, CA

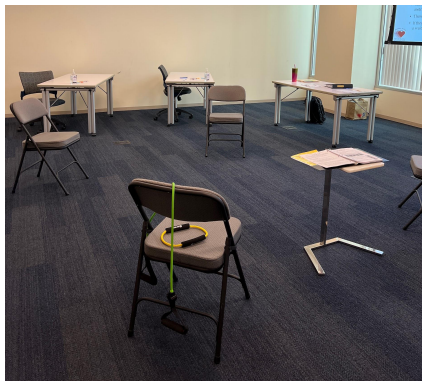
- A portion of the training will include older adults who will offer feedback on personal experiences, challenges they face and questions that older adults or volunteers might have in your community.
- Receive input from older adults who have taken the Young at Heart Strength Training class and are now interested in becoming certified instructors.
- Can send one (1) to three (3) individuals to become a Lead Trainer.
- Be able to see and experience the Certified Instructor training that you will be able to put on for your own volunteers/staff.
- Certified Instructor trainings are offered three times a year, in two consecutive days.
- Lunch is included for both training days.

\*\*Additional fees vary for Modesto, CA Trainings; lodging, food, and travel not included. Discount given to agencies who send two leaders.



## Trainings outside of Modesto, CA

- Must include four (4) to eight (8) potential Lead Trainers.
- Scheduling in June and July is preferred, but will try to accommodate training requests from hosting agencies.
- Lunch for two (2) Master Trainers will need to be provided (gluten free options must be available).
- Training space reserved for two days with projector, hdmi connection for windows computer, adjustable room with tables and appropriate chairs with no arms or wheels for exercise.
- The hosting agency must cover travel, lodging, and meals for two Master Trainers for three nights.



# LAY LEADER DESIGN

## TRAIN VOLUNTEERS TO LEAD YOUR CLASSES

### Master Trainers

Healthy Aging Association Staff with over 5 years of experience who can train Lead Trainers and Certified Young at Heart Instructors.

### Lead Trainers

Complete a 12-hour training led by Master Trainers.  
Able to train Certified Young at Heart Instructors to lead Young at Heart Strength training classes within their county.

Must attend quarterly conference calls.

Hold three 2-hour annual meetings for their Certified Young at Heart Instructors.

**Certification good for 1-year | \$200.00 Annual Renewal Fee in October**

*Prorated fee from the end of year 1 until the following October.*

*Additional renewal fee per county served.*

### Certified Young at Heart Instructors

Complete an 8- hour training led by their County Lead Trainer or Master Trainer.

Must attend two - three 2 hour annual meetings led by their Lead Trainer.

Must be evaluated annually by their Lead Trainer

**Certification good for 1-year | No Renewal Fee**

## CONTACT US TODAY TO GET STARTED



Healthy Aging Association

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Master Trainers:

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*Jessica Enes, B.A. Kinesiology, Health and Wellness Promotion*