

## High-Level Evidence-Based (HLEB) Health Promotion

Per the Administration for Community Living (ACL), HLEB programs must meet the following qualifications:

- Demonstrated to be effective for improving the health and well-being or reducing disease, and/or injury among older adults
- Undergone Experimental or Quasi-Experimental Design
- Full translation has occurred in a community setting
- Disseminated products have been developed and are available to the public

## Non-Evidence-Based (Non-EB) Health Promotion

Non-EB programs lack published and peer-reviewed evidence of effectiveness from systematic program evaluation studies.

This brochure is intended to share both High Level and Non-Evidence HLEB and Non-EB programs in Sauk County. Both types of programs serve the same purpose - to encourage older adults to choose healthy behaviors and activities. The ADRC is required to offer HLEB Health Promotion programs. We encourage any health promotion activity for older adults.

# Contact Us

Aging & Disability Resource  
of Sauk County  
505 Broadway St  
Baraboo, WI 53913  
(608) 355-3289

# Health Promotion Classes in Sauk County



## High-Level Evidence-Based (HLEB) Health Promotion

### Stepping On

- 7 week fall prevention workshop for adults 60 and older
- Suggested contribution of \$20
- ADRC: (608)355-3289

### Powerful Tools for Caregivers

- 6 week caregiver wellness workshop for adults 60 and older
- Suggested contribution of \$20
- ADRC: (608)355-3289

### Strong Bodies

- 10-12 week strength training program designed for older adults
- Reedsburg Area Medical Center: cost \$35 for new participants, \$30 for returning
  - Contact Jason Noble (608)768-6252
- UW Extension: call for cost
  - Contact UW Ext: (608)355-3250

### Health 4 U/Diabetes Lifestyle Change

- Lifestyle diabetes program to cut risk of diabetes by more than 70% and covered by Medicare B for those who qualify
- Reedsburg Area Medical Center: Contact Sandra Jewell: (608)768-6243
- House of Wellness Contact: (608)355-1240

## Non-Evidence-Based Health Promotion

### Reedsburg Area Medical Center

- Seniors on the Go: exercise includes hand weights, exercise bands, balance and aerobics. \$12/month | contact Jason Noble (608)768-6252

### Sauk Prairie Wellspring

- Arthritis water exercise, Fitness Foundations, Tai Chi, TRX Foundations, Yoga. Prices vary | contact Wellspring (608)643-7572

### Wisconsin Dells Parks & Recreation

- Aqua Zoomba, Gentle Strength, Gentle Yoga all with Erika Gerhardt. Prices vary | contact Abby (608)254-4818

### Baraboo Parks & Recreation

- Aerobic, Flexibility, Balance and Strength classes. \$15 City of Baraboo Resident, \$20 Non-Resident | contact Parks & Rec (608)355-2760



## Benefits of Exercise for Older Adults

According to the Centers for Disease Control and Prevention (CDC), all older adults—both men and women—can benefit from regular, moderate physical activity. This is true even for people with medical conditions such as arthritis, heart disease, obesity, and high blood pressure.

Some of the key benefits of exercise for older adults include:

- **Prevents Bone Loss:** Strength training has been shown to counteract this loss and actually restore bone density. Having stronger bones leads to fewer fractures and can also aid in balance.
- **Relieves Osteoarthritis Pain:** While it may seem counterintuitive, moving more can actually help lessen the pain and stiffness of arthritis. Arthritis-friendly exercise includes low-impact cardiovascular activity, strength training, and range-of-motion exercises
- **Helps Prevent Chronic Disease:** Exercise provides a protective effect against a host of chronic illnesses, including cardiovascular disease, colon cancer, diabetes, obesity, and hypertension. [article: ncoa.org](https://www.ncoa.org)