

Enhance Fitness Program Tool Kit

What does my site need to run Enhance Fitness effectively?

<input checked="" type="checkbox"/>	<u>Program Necessities</u>	<u>Cost</u>	<u>Notes</u>
	Instructor -1 or 2 people (dependent on class size)	Varies- per agency. (see budget sheet for approx. cost)	For staff sustainability, agency can send their staff to EF training.
	Licensing Fee-Satellite Site	Initial Year 1- \$500 Annual Renewal- \$50	Required Initial Year 1 Fee may be paid by SVHAP, if grant funds available
	Data Entry Fees-annually	\$200	Required, SVHAP will be responsible for this provided your site is listed under our organization's license
	Class Frequency -1 hour per class -3 times a week -12 weeks per session		Classes may continue for longer than 12 weeks
	Weights -Arm/Leg adjustable cuff weights	Approx. \$700	Required, may be borrowed from SVHAP -Will need approximately: 24 pairs of 5lb weights 3 pairs of 10lb weights
	Supplies for Fitness Checks		Tape measure Cone Dumbbell weights -1 each 5lb & 8lb Sturdy Chair
	Large Room (Approx. 40ft x 40ft)		Required -No carpeting or slippery surface -Good Lighting -Good Air Circulation or Air Conditioning
	Chairs		Required -Sturdy and straight back -NO Wheels, NO Arms
	Participants	Maximum 25 people per class	Recommend recruiting participants: sedentary individuals or first time exercisers, generally interested in physical activity, those with chronic disease and looking for health and wellness programs
	Program Supplies		Required -Pens -Copying of Forms/Surveys
	Stereo Equipment for Music		Required
	Music		Instructor or SVHAP will provide
	Advertising for Class		Recommended
	Fidelity Check completed by Master Trainer	Approx. \$100	Fidelity check is to ensure that instructors are teaching based on accepted standards. Fidelity checks are completed annually and for new instructors.

