

## Results from Physical Activity Focus Group with Senior Citizens

### Participating Senior Groups:

- ❑ Lambert Senior Citizen Center
- ❑ Sidney Senior Citizen Center
- ❑ Crestwood residents
- ❑ Lodge residents

### Current Exercise activities seniors participate in:

#### Walking

- ❑ There is a group of seniors who meet at McDonalds to walk daily and then have coffee

#### Chair Exercises

- ❑ Crestwood offers chair exercises 5 days a week at 10:00am
- ❑ The Lodge offers chair exercises 5 days a week at 9:00am

### Reasons it is hard to be physically active in Richland County:

- ❑ Expensive
  - Healthworks is too expensive for seniors
- ❑ Sidewalks a hazard
  - Sidewalks are not continuous
  - Uneven sidewalks
- ❑ Cars don't yield at crosswalks
- ❑ Crazy drivers
- ❑ Traffic lights don't come on early enough in the morning
- ❑ Health problems/ limited mobility
- ❑ Call buttons they wear don't work outside, so have to stay close to buildings.
- ❑ Icy roads/weather

### Best way to promote more physical activity and exercise for seniors:

- ❑ Lambert seniors
  - Word of mouth
  - Notice in post office
  - Teen center bulletin board
  - Sr. Center- monthly meetings and bulletin board
  - Through Richland Health Network (learned about walking options)
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- ❑ Sidney seniors
  - Richland Health Network- walking options
  - Newspapers
  - Church bulletins
  - Senior Center
  - Lodge newsletter
  - Sidney Newspaper- but harder to read
  - Activity calendar at Lodge
  - Senior Citizen Dinners

- Letters/posts on tables at meals (Crestwood, Lodge and senior center)
- Newsletters to seniors
- Bulletin boards

**Physical Activity Options they would like to see in Richland County:**

- Local options
  - All seniors said they would like physical activity options to occur where they live. ie: in their town or facilitated living center.
- More exercise classes at Healthworks geared toward seniors and reduced rates at Healthworks
- More Chair Exercise activities (more videos and opportunities to do this)
- Some seniors just want to walk alone
- Indoor pool
  - Lambert wants one at their school and Sidney seniors want one in town.
  - Some would like to go on a bus to Williston to use their pool
- Senior Bowling League
- Tennis Court (Lambert)
- A good and safe place to walk in their town- Sidewalk improvements and street light improvements
- List of walking options available in each town (many seniors knew about the Richland Health Network and walking options)
- Would like a bus to take seniors out of town for physical activity