

# EXPLORING OLDER ADULTS' PERCEPTIONS TO A NOVEL OUTDOOR EXERCISE INITIATIVE

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## BACKGROUND

Although exercise has been shown to be an important and effective approach to preventing falls in older people [1], adherence to exercise participation remains a persistent problem. In order to increase exercise uptake and adherence for older adults in a community setting, a unique purpose-built outdoor exercise park was designed to provide a fun but still physically challenging environment for older adults [2].

## AIMS

To investigate the acceptability, barriers, enablers and perceived benefits in undertaking an exercise intervention using this novel outdoor exercise park designed for seniors.

## METHODS

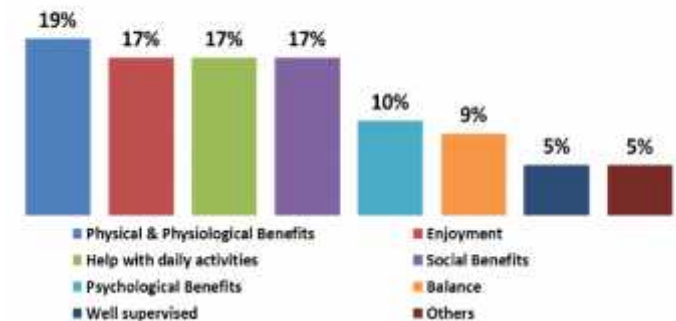
- Parallel randomised controlled trial (RCT) with pre and post 18-week intervention design.
- Exit interview after completing the 18-week exercise intervention (Thematic Analysis).

## RESULTS

- Twenty-seven community dwelling adults (75.1 ± 7.9 years; 17 females; 10 males) were interviewed.
- Main cited barrier for participation: weather conditions (50%).
- Exercise intervention was very enjoyable and with varied perceived benefits.
- The exercise intervention has been positively rated by the participants and they reported to be keen to continue participating on it.



High Adherence and Acceptability Contributing Factors



## SIGNIFICANCE OF FINDINGS

The outdoor exercise park program has been shown to be a well-accepted novel option for older adults to exercise outdoors and therefore might enhance exercise uptake, attendance and sustain participation in exercise programs for older adults in the community.

## ACKNOWLEDGMENTS



## REFERENCES

- [1]. Sherrington et al. (2008). *J Am Geriatr Soc*, 56(12), 2234-2243.
- [2]. Sales et al. (2015). *BMC geriatrics*, 15(1), 68.