

# STAND UP

## For Your Health



## Implementation Guide

What it takes to implement Stand Up for Your Health in a community setting

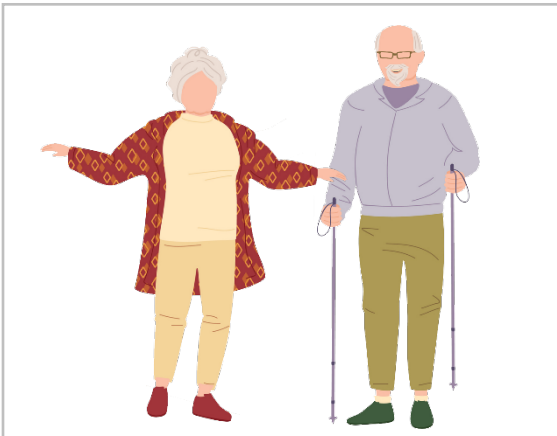
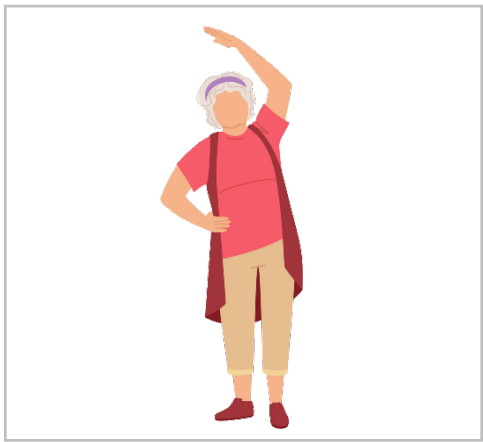
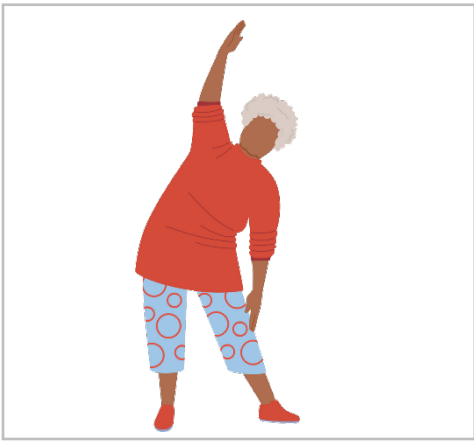
# **Stand Up for Your Health Implementation Guide**

How to prepare for, implement, evaluate, and sustain  
**Stand Up for Your Health** in community settings.

*Adapted by the Wisconsin Institute for Healthy Aging from the Stepping On Implementation Guide developed by the Center for Disease Control and Prevention.*

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# I. INTRODUCTION

## *The Need*

### **Reducing Sedentary Behavior in Older Adults**

It is well known that insufficient (i.e., not enough) physical activity is a risk factor for developing numerous chronic diseases and early mortality (i.e., death). More recently, sedentary behavior (i.e., prolonged sitting) has been identified as an **additional** health risk.<sup>1</sup> *Sedentary activities are those that do not substantially increase energy expenditure above resting levels – things like sitting watching TV, reading, using a computer, eating, talking on the phone, riding in a car – activities that tend to add up to make up the majority of our day.* This is problematic because long bouts of sitting are associated with increased risk of cardiovascular disease, diabetes, some cancers, and early death.<sup>1</sup> Emerging research indicates that breaking up sedentary behavior (e.g., standing up) is associated with better health and function in older adults.<sup>2</sup> Standing and moving is considered light physical activity and activates postural muscles in our body. This is important because muscles that are inactive for long periods of time can become weak. Thus, *standing up and moving more* throughout the day can have important health benefits. For example:

#### **Benefits of Sitting Less**

- The act of standing releases certain chemicals that are beneficial to our health (e.g., chemicals associated with the production of “good” cholesterol (HDL cholesterol)).<sup>3</sup>
- ↓ **Heart disease:** Research indicates that taking breaks during our sitting time can result in a lower risk of developing heart disease.<sup>4</sup>
- ↓ **Type 2 diabetes:** Reducing the time we spend watching TV every week has been suggested to reduce our risk of developing Type 2 diabetes.<sup>4</sup>
- ↓ **Early death:** Studies have shown that it is likely that older adults who reduce the amount of time they spend sitting may also reduce their risk of dying prematurely from any cause.<sup>4</sup>
- ↓ **Cancer:** Several kinds of cancer have been found to be related to sitting time-- including ovarian, colon, and endometrial cancer. Research suggests that sitting less than 6 hours per day can reduce your risk of developing some of these cancers.<sup>4</sup>
- ↓ **Blood Pressure:** Regularly breaking up prolonged sitting has been found to

be associated with reductions in systolic and diastolic blood pressure.<sup>5</sup>

- ↓ **Hospitalizations:** A study from Australia found that adults reporting fewer than 8 hours of sitting time per day had a 14% lower risk of being hospitalized.<sup>6</sup>
- ↓ **Inflammation:** Lower levels of sitting time have been found to be associated with lower levels of inflammation.<sup>7</sup>
- ↑ **Physical Function:** Breaking up sitting time by standing and moving has been found to be associated with better physical function (e.g., ability to climb stairs or get up out of a chair).<sup>2</sup>
- ↓ **Fatigue:** Less sitting time has been found to be associated with lower levels of fatigue and higher vitality/energy levels.<sup>8</sup>
- ↑ **Mental Function & ↓ Depression:** Lower levels of sitting while watching TV have been found to be associated with higher mental function and lower levels of depression symptoms.<sup>9</sup>

## *Program Overview*

The Stand Up program was developed by Dr. Kelli Koltyn and her team at the University of Wisconsin-Madison in collaboration with the Community-Academic Aging Research Network (CAARN). The Stand Up program is offered as a workshop with 90-minute sessions once per week for 4-weeks plus a Refresher Session at Week 8. It is a low-cost program with negligible equipment needs (\$5 click-counters are used to record number of stands per day). Community organization staff or volunteers complete a facilitator training and then deliver the workshop to older adults in their communities.

Results from a randomized controlled trial showed an average reduction in total sitting time by 68 minutes per day immediately following the workshop. In addition, there were improvements in functional performance (including, balance, mobility, and standing up from a chair), pain interference, pain intensity, vitality, general health, and in problems performing work or daily activities due to physical and emotional health.<sup>10</sup> In addition, participants who completed the Stand Up program found it to be beneficial and used simple strategies to reduce their sitting time. For example:

- Standing up and moving during TV commercials
- Spreading household chores out across the day
- Getting up to get a drink of water
- Setting a timer as a reminder to stand up and move
- Standing up while talking on the phone, after reading a chapter in a book, while paying bills, etc.

The article *The Feasibility and Effectiveness of a Community-Based Intervention to Reduce Sedentary Behavior in Older Adults* can be found in the Journal of Applied Gerontology.<sup>10</sup>

### **Intent of the Program**

The intent of the Stand Up program is to engage sedentary older adults to reduce their sitting time by standing up and moving more often and for longer duration throughout the day. This is done by creating a psychosocial environment conducive to behavior change and applying the concepts of the self-regulation theory. During the 4-week intervention and Refresher Session, the facilitators will build supportive relationships among participants, provide educational content and behavioral skills training (through increasing perceived competence/increase in self-efficacy), support participants' choices (autonomy) of short-term goals, and engage them in making weekly action plans to sit less. Older adults will be asked to break up prolonged sitting (1 hour or more) with short breaks (e.g., stand up and move multiple times throughout the day). This behavior change curriculum is used to yield transfer of knowledge into sustained daily practice by participants.

### *Who is Stand Up For?*

Stand Up is designed for individuals meeting the following eligibility criteria:

- 55+ years old
- Able to stand on their own
- Sit on average 6 or more hours per day
- Able to speak and read English

Stand Up may be taught in a variety of environments including Aging and Disability Resource Centers, Aging Units, Health Departments, Extension Offices, Senior Living Facilities, Community and Senior Centers, and more.

### *Is Stand Up Right for Your Organization?*

In determining whether Stand Up is appropriate for your organization, consider the following:

- **ORGANIZATION COMMITMENT:** Is your organization committed to evidence-based programs to empower older adults to make changes in their health behaviors to improve their physical activity levels?
- **PARTICIPANT BASE:** Does your organization have clients or participants who meet

the criteria for the workshop and are interested in reducing their sedentary behavior?

- **STAFF:** Does your organization have staff that would have an interest in this workshop and are appropriate to be trained as a workshop facilitator?
- **SUPPORT:** Is your organization's management interested in the program and willing to give staff time to be trained as facilitators and conduct the 8-week program at least once each year?
- **PARTNERSHIP:** If your organization doesn't have individuals who would be appropriate to be trained as facilitators, is there an organization in your community you can partner with to provide individuals to serve as facilitators?
- **TIME:** In reviewing the Implementation Checklist (Appendix B), can your organization commit staff time and expertise to conduct the various tasks necessary to implement and sustain the program? For those tasks your organization cannot provide, do you have partner organizations that can do so?

The program provider does not have to be the facilitator's employer; however, the program provider must commit to working with the facilitator to identify and assign responsibility, and then follow through in performing the various tasks related to the program. These tasks include organizing and conducting marketing, recruiting participants, coordinating the workshop, preparing materials and/or gathering equipment. See Appendix B.

## *Why Offer Stand Up?*

Stand Up is an evidence-based sedentary behavior reduction program. Serving as a program provider demonstrates your organization's commitment to the health and well-being of older adults.

Stand Up is proven to:<sup>10</sup>

- Reduce sedentary time by 68 minutes per day.
- Improve functional performance (balance, mobility, and functional movement such as standing from a chair)
- Reduce pain intensity and pain interference
- Improve vitality
- Improve general health
- Reduce problems with performing work or daily activities due to physical or emotional health

Stand Up is a cost-effective program that can serve to activate older adults to reduce sedentary



behavior and become interested in joining other physical activity programs. In addition, Stand Up can help to reduce medical costs of chronic conditions increased by sedentary behavior.

By committing to Stand Up, your organization:

- Provides members of your community with an effective sedentary behavior reduction program.
- Positions your organization as a community leader in evidence-based programs.
- Develops new and lasting partnerships in healthcare and aging networks.
- Supports lay facilitators to effectively deliver interventions.

## II. PREPARATION

### *Facilitator*

There are many reasons why an individual should consider becoming a Stand Up facilitator. Facilitators have the opportunity to share key strategies with older adults to modify their behavior by reducing sedentary behavior. Facilitators will also gain group leadership and facilitation skills that they can use in other personal and professional areas of their lives. Most importantly, facilitators will facilitate older adults to improve their self-efficacy to reduce their sedentary behavior and increase their physical activity.

#### **Who can be trained as a facilitator?**

Required skills/experience:

- Experience facilitating groups

#### **What does being a facilitator involve?**

Workshops are facilitated by one trained facilitator. The primary role of the facilitator is to facilitate behavior change by utilizing the self-regulation theory. This theory includes assisting participants with 1) **setting goals** for the number of stands per day they'd like to do, 2) assisting participants with **self-monitoring** of personal behavior and linking that to their goals, 3) providing **feedback and information** about progress to each goal, 4) helping participants to **evaluate** their progress, and 5) brainstorming to overcome barriers and **correct their behavior**, leading to more effective movement toward goals.

Facilitators lead a 90-minute workshop session once per week for four weeks. Then there is a 4-week period without classes until a refresher session is held at week 8. Other tasks may include recruiting participants, reserving and setting up the room and equipment, managing participant paperwork, and preparing materials needed for the sessions. The facilitator and program provider jointly determine who will carry out workshop activities. Facilitators are required to lead one workshop per year to maintain their certification.

#### **Facilitator Training**

The Stand Up facilitator training is a virtual training developed by the Wisconsin Institute of Healthy Aging (WIHA). The training incorporates key elements for an effective, community-based sedentary behavior reduction program. The facilitator training ensures that facilitators understand: a) how to facilitate a group in-person and virtually; b) the self-regulation theory to effect behavior change; and c) how to conduct the program to ensure fidelity to the original, evidence-based program.

The full facilitator training is broken down into two components. The first is the prerequisite training: *Basic Training: Essential Elements for Facilitation of Evidence-Based Health Promotion Programs*. This is a 2-4 hour course that can be taken at the facilitators own pace. The second is the two-day virtual facilitator training. The facilitator training includes learning how to use the

manual, background of the program, information about the behavior change theory used, and time for each trainee to practice facilitating a session.

To be certified as facilitator, trainees must complete *Basic Training* and must attend both days of the facilitator training, be an active, positive trainee, and receive a passing score on the facilitator competency evaluation. This evaluation includes both an evaluation of practice facilitating a segment of a session and the score on the key element quiz.

The facilitator training is provided by a faculty trainer or master trainer certified by the Wisconsin Institute for Healthy Aging (WIHA). Training is augmented with pre- and post-training technical assistance from the master trainer or WIHA faculty. After training, the master trainer or WIHA faculty will arrange for and conduct a fidelity session (in-person or by video) during the new facilitator's first workshop. Feedback from a fidelity session helps the new facilitator integrate skills.

**For information about Stand Up facilitator training, contact:**

Wisconsin Institute for Healthy Aging  
1414 MacArthur Road, Suite B Madison, WI 53714  
Phone: 608-243-5690  
[standup@wihealthyaging.org](mailto:standup@wihealthyaging.org)  
[www.wihealthyaging.org](http://www.wihealthyaging.org)

### **III. IMPLEMENTATION**

#### *Division of Tasks*

Every facilitator must have a program provider and every program provider must have a trained facilitator to implement the Stand Up program. The program provider ensures that resources are committed to assure success with program implementation.

A program provider can be a senior center, area agency on aging, aging and disability resource center, extension office, fitness center, senior apartment complex, community hospital or clinic, faith-based organization or other health, social service, or related organization. In some cases, the program provider is the facilitator's employer (e.g., a health care organization, an area agency on aging, senior center or other). In other situations, a facilitator works with a program provider separate from their employer. In many cases, the program provider partners with other organizations for things like printing materials, providing snacks, assistance with marketing the program, hosting the class, and more.

A program provider is critical to the successful administration and coordination of the program. The program provider helps find a suitable space for the workshop, and ensures that all steps to implementation successfully occur, from marketing and registering participants, to providing equipment and supplies needed to host the workshops, to finding storage space between sessions, making photocopies, and other tasks that support the facilitator. The program provider and facilitator negotiate the division of tasks. Experience shows that Stand Up workshops are successful and sustainable when facilitators and their program providers divide up implementation responsibilities. The facilitator training will address the preparation of materials needed for the workshop and the items and equipment that need to be purchased or borrowed (see sections II. and V. on facilitator Training and program cost).

Prior to the facilitator training or advertising the workshop, the facilitator and program provider should determine task division, including whether any partner organizations will assist with tasks. They will need to communicate closely before and during the workshop to ensure that older adults appropriate for Stand Up are enrolled, that program equipment is available, and that the facilitator has the necessary materials for the program.

See Appendix B for the Implementation Checklist.

## **IV. PROGRAM EVALUATION**

### *Conducting the Evaluation*

Evaluation is an important part of any program and should be incorporated into your program strategy as soon as you begin planning your program. For workshops in Wisconsin, the Wisconsin Institute for Healthy Aging provides evaluation materials on the program resources section of their website (password protected for trained facilitators). As part of offering the Stand Up program under the WIHA license, facilitator and program providers are required to utilize the evaluation materials and return to WIHA within 2 weeks of the conclusion of the workshop. For organizations outside of Wisconsin, please refer to the licensing contract for what evaluations are requested and/or the state's license holder.

## **V. PROGRAM COST AND FEES**

### *Licensing Fees*

Organizations within Wisconsin are covered under the license that the Wisconsin Institute for Healthy Aging holds. Organizations outside of Wisconsin are required to hold a license in order to facilitate the program. Please contact WIHA for current licensing information, fees, and renewals.

Wisconsin Institute for Healthy Aging  
1414 MacArthur Road, Suite B Madison, WI 53714  
Phone: 608-243-5690 [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

### *Facilitator Training Fees*

The Wisconsin Institute for Healthy Aging's (WIHA) fees for the facilitator training differ depending on whether individuals travel to Wisconsin for the training or whether WIHA Master Trainers travel to another state to conduct the training.

Please visit [WIHEALTHYAGING.ORG](http://WIHEALTHYAGING.ORG) for current information on the registration costs for facilitator training and license fees.

### *Operating Costs*

Operating costs consist of staff time, ongoing program costs, and one-time costs. These costs are estimated below, though exact costs may vary depending on availability of supplies and organization-specific personnel costs.

## Time Requirements

	Task	Approx Time	Notes
Planning	Scheduling a workshop	1 hour	
	Securing workshop location	2 hours	
	Marketing/recruitment	10 hours	Use both <i>Active</i> (i.e. presentations) and <i>Passive</i> (i.e. flyers) marketing methods
Pre-Work	Printing and assembling participant guide	1 hour	
	Registering & confirming participants	3.3 hours	20 mins per participant X 10
Workshop	Rehearsing script	5 hours	60 mins x 5 sessions
	Facilitating the workshop	10 hours	90-minute sessions + set up and take down time = ~2 hours per session.
	Personalizing and printing completion certificates	1 hour	(optional)

## Ongoing Program Costs

*These costs will incur with each workshop offered.*

Item	Qty	Description	Total Cost
Location Fee	10 hours	Reserve 5 days for 2 hours	<i>*Use partners to provide space at no cost</i>
Marketing materials (Printing flyers, brochures, etc)	100 pages	Cost of printing Color (~\$.10/page)	\$1.00
Participant guide	76 pages x 6-15 participants	Cost of printing -Black and white (~\$.03/page) -Color (~\$.10/page)	B&W: \$2.28 x 6-15 = \$13.68-34.20  Color: \$7.60 x 6-15 = \$45.60-114.00
½ inch binders for participant manuals (optional)	For 6-15 participants	\$1.50/binder	\$1.50 x 6-15 = \$9.00-22.50
Click counters	For 6-15 participants	~\$5.00/clicker	\$30.00-75.00
		<b>TOTAL:</b>	<b>\$53.68-212.50</b>

## Funding Sources

In Wisconsin, Title III-D funds can be used for high-level evidence-based programs, including Stand Up. In addition, below are some ideas of ways to lower costs:

- Clickers- shop around. Sometimes you can find these as low as \$5/clicker. You may also have participants that have their own clicker for sports such as golf or participants may opt to use a clicker app on a smart phone. You could also have a set of clickers which participants can borrow during the 8-week workshop and then have the option to purchase after the workshop is finished.
- Partner with organizations to print materials or provide technical support for virtual classes.
- Apply for sponsorships from local grocers, gas stations, and/or other organizations. Sometimes they'll provide waters and/or snacks, or funds.
- Partner with other community organizations such as Aging and Disability Resource Centers, Aging Units, Public Health, Extension offices, and more.
- Recruit volunteer facilitators from previous participants or others interested in contributing to others' health and wellbeing.



## VI. EXPANSION AND SUSTAINABILITY

### *How to Expand*

To expand Stand Up, additional facilitators will need to be trained in the program. Organizations should consider expanding their partnership with other community organizations with the intent to partner on the Stand Up program. It is recommended to reach out to community organizations such as Public Health, Aging and Disability Resource Centers, Aging Units, Senior Centers, Park & Rec Departments, Gyms or Fitness Facilities, Extension Offices, Libraries, Churches, and more. New facilitators can also develop from previous participants who are interested in expanding the program. In addition to finding new facilitators, organizations may also opt to have a facilitator trained as a master trainer who can then train new facilitators. WIHA provides training to new master trainers both within and outside of Wisconsin.

For more information on becoming a master trainer, please contact WIHA at: [standup@wihealthyaging.org](mailto:standup@wihealthyaging.org) or 608-243-5690.

### *Make Stand Up Sustainable*

After you have run your initial Stand Up workshop, how do you keep the program going? Here are some tips to ensure that Stand Up is sustainable in your community:

- Find free locations to hold the program
- Recruit previous participants to become volunteer Stand Up facilitators
- Charge a small amount for the program to be used for volunteer facilitator "Thank You's". Grocery gift cards, gas cards, or other gift cards are very appreciated.
- Ask for sponsorships from local organizations
  - Use these to compensate facilitators, to purchase incentives for participants, or other.
- Use referral cards for participants to refer friends or family to the program.
- Have participants take Stand Up brochures to their doctors when they go to visit. When a physician sees the impact first-hand on their patient, they're more likely to refer other patients to the program.
- Maintain partnerships with your Stand Up program team!
  - Continue relationship building with other organizations. Educate them on the WIHA referral button. Send thank yous to those on your Stand Up team.
- Build a Stand Up participant list
  - Add previous participants, those who are referred, those who express interest, those who are waitlisted, and more to the list! When you start a new workshop- reach out to this list first! Ask if they can share the

workshop information with anyone they think may be interested. Word of mouth is the best promotion!

## Appendix A. Glossary of Stand Up Terms

**Coordinator:** Individual who works for the program provider to assist the Stand Up facilitator with activities to run a successful program.

**Facilitation:** Skills used by the Stand Up facilitator to help the group participants work together effectively to accomplish their own learning and problem solving. The facilitator guides the participants and keeps their discussions on task.

**Fidelity:** A measure of how closely procedures are followed in a Stand Up workshop in comparison to the original program.

**Fidelity Coaching Tool:** A survey completed by the master trainer to monitor fidelity to program implementation. Results inform fidelity coaching sessions.

**Key Elements:** Components of the program identified as critical to ensure fidelity of the original research. These elements must be included when carrying out the program to have results similar to those found by the original researchers.

**Facilitator:** Trained facilitator of the Stand Up workshops.

**Master Trainer:** Stand Up facilitator who has received additional training to be able to conduct facilitator trainings and provide follow-up coaching.

**Program Provider:** Organization that supports facilitator(s) to ensure successful implementation of Stand Up

**Stand Up Facilitator Training:** Two-day training to train and certify individuals to become new Stand Up for Your Health facilitators.

**Basic Training:** An online required prerequisite of the facilitator training.

**Wisconsin Institute for Healthy Aging (WIHA):** Agency that trains and provides certification of facilitators and master trainers, distributes materials, provides post-training support and is responsible for program licensure.

## Appendix B. Implementation Checklist

### Before Training:

- Program provider identifies appropriate individuals to be trained as facilitators, or individuals who have an interest in being trained as facilitators identify an organization to serve as a program provider.
- Program provider and potential facilitators discuss and review implementation tasks (see below) and make preliminary agreement on the division of tasks.
- New facilitator registers for facilitator training on the WIHA website and downloads the planning guide.
- Program provider selects a date to begin the first Stand Up workshop within 3-6 months of the facilitator training.
- New facilitator completes *Basic Training: Essential Elements for Facilitation of Evidence-Based Health Promotion Programs*.
- Program provider and facilitator work together to complete the planning guide in preparation for the facilitator training.

### Facilitator Training:

- Facilitators attend two-day facilitator training.
- Upon successful completion of the facilitator training, new facilitator receives certificate of completion with the understanding they are required to complete a Fidelity Check during their first workshop.

### Implementation Tasks:

#### 1. Preparation:

- With the program provider, the facilitator plans the first workshop and agrees upon division of tasks below:
  - Select dates and location for the workshop
  - Determine fee of the workshop
  - Submit the Workshop Notification Form to WIHA (WI only)
  - Market the program
  - Purchasing equipment
  - Register and screen potential participants
  - Confirm registrations
  - Prep additional material (printing of participant guide and any other needed materials)

#### 2. Workshop:

- Facilitators conduct first workshop with fidelity.
- Master trainer or WIHA faculty member conducts fidelity check with new facilitator.

- Facilitators administer evaluations (e.g. participant satisfaction and participant outcomes)

**Next Steps:**

- Facilitator and program provider plan for and conduct future workshops.
- Facilitators ask previous participants to assist in expanding the program by word of mouth.
- Program provider identifies and recruits additional individuals to become facilitators.

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