

Table 3: AAEBIs for Remote Delivery (Physical Activity Programs)

	Walk With Ease (Self-Directed)	Enhance Fitness*	Fit & Strong (@home)*
Priority Audience	People with arthritis and people who seek to improve physical activity levels	Older adults or aging people with a disability	Older adults with osteoarthritis in lower extremities
Program Content	10–35-minute walk, Health Education, Stretching and strengthening, Warm-up and cool-down exercises	Fitness assessment, Cardiovascular exercise, Dynamic/Static balance work, Strength training with weights, Flexibility, Socialization	Balance, Exercises that mimic daily activities, Ongoing personal exercise program plan, Problem-solving, Range of motion, Resistance exercises, Self-management skills, Stretching
Program Benefits/Goals/Outcomes	Promote education about successful physical activity for people with arthritis, Promote education about arthritis self-management and walking safely and comfortably, Encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis.	Decreases depression, Decreases skilled-nursing costs, Decreases unplanned hospitalizations, Maintains or improves physical function, Promotes a physically active lifestyle, Protects against falls and fall injury, Provides a social benefit, Reduces medical-care utilization costs (\$945/participant annually), Saves health care costs for managed care plans	Improve exercise frequency, Reduce arthritis-related joint pain and stiffness, Increase strength, Improve overall confidence in ability to exercise
Program Format	Self-Directed	Instructor-led virtual	Instructor-led virtually, performed live
Class Size	N/A for Self-Directed	10-25 people	20-25 people
Program Duration	1 hour, 3 times per week	1 hour, 3 times per week	90 minutes, 3 times per week

	Walk With Ease (Self-Directed)	Enhance Fitness*	Fit & Strong (@home) *
Program Length	6 weeks	16 weeks for pre- and post-measurement (most classes are ongoing)	8 weeks
Instructor Qualifications	CPR certification course must include a live skills training, Current certification in CPR is required, First aid certification strongly recommended, Online only courses not accepted, Requires professional liability insurance coverage with an aggregate/single occurrence limit not less than one million dollars (\$1,000,000.00) for personal injury or property damage, unless covered by the host facility's comprehensive or professional liability insurance policy	12 hours of specialized Enhance®Fitness master training, Nationally recognized fitness certification or equivalent strongly recommended	Certified exercise instructor or Master Trainers for A Matter of Balance or Chronic Disease Self-Management Program (CDSMP) graduate
Program Licensing Required	No	No	Yes

	Walk With Ease (Self-Directed)	Enhance Fitness*	Fit & Strong (@home) *
Language Offerings	Spanish: <i>Camine Con Gusto</i>	Classes and instructor-training materials are available in English and Mandarin, Languages noted spoken by participants and instructors in class, not language of class materials, Offered at sites in 16 languages, from American Sign Language (ASL) to Vietnamese	English
Cost (approx. cost/participant)	\$89 training per person, \$11.95 per participant book (required). Discounted books for community-based organizations are available.	Initial license costs \$3,000 and includes 1 physical site, 1 training, implementation support; \$50 annual license renewal and includes 1 physical site and implementation support Enhance@Fitness – Program Cost Project Enhance	\$2,000 license cost, Online Instructor training fee (\$300 per participant or \$1,000 for 5 trainees), Per participant cost \$225-\$300, Training is included in licensing costs, One-time materials and equipment cost about \$1,752.80 or \$87.64 per Fit&Strong! Class participant
Research/Journal Article	WWE Self-Directed Research Article	Enhance Fitness Research Articles	Fit & Strong! Research Article

*Currently being tested for remote delivery.