

Master of Public Health
Applied Practice Experience

***MOVE MORE DOUGLAS COUNTY:
MOVING THROUGH STAGES OF CHANGE TOWARD
DIABETES PREVENTION & MANAGEMENT***

by

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MASTER OF PUBLIC HEALTH

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Chapter 1 - Portfolio Products

Live Well Douglas County

LiveWell Douglas County was established in 2008 to address the rising rates of chronic disease (Live Well Douglas County, n.d.). The organization focuses on two key contributors to chronic disease: limited access to healthy food and physical inactivity (Live Well Douglas County, n.d.). Instead of attributing the increase in chronic disease to individual choices, LiveWell Douglas County highlights the influence of policies, systems, and environmental changes on health outcomes (Live Well Douglas County, n.d.).

Move More Douglas County, a new initiative and officially implemented in 2024, of Live Well Douglas County, is a physical activity prescription program that increases community access to exercise (Barnard, 2023). The program offers scholarships to individuals with prediabetes or type 2 diabetes who have been assessed by a medical professional at Heartland Community Health Center or Lawrence Memorial Hospital (LMH) and deemed ready for physical activity (Barnard, 2023). Heartland Medical Center and Lawrence Memorial Hospital are two non-profit health centers that aim to help low-income individuals as well as those without insurance (Heartland Health, n.d.; Lawrence Memorial Hospital, 2021). Upon assessment, patients receive a physical activity prescription, which they can redeem at Lawrence Parks and Recreation Department for a three-month scholarship covering either group fitness classes or personal training at local recreation centers (Barnard, 2023). The program applies the Transtheoretical Model of Behavior Change (TTM) to assess a patient's readiness for physical activity. Among the five TTM stages; pre-contemplation, contemplation, preparation, action, and maintenance (Ren et al., 2021); patients in the contemplation, preparation, or action stage qualify for a physical activity prescription.

While recreation centers in Lawrence are free for Douglas County residents, group fitness classes and personal training services require an additional fee (City of Lawrence, 2025; City of Lawrence, n.d.b). The City of Lawrence has the following facilities available for residents: Community Building, East Lawrence Recreation Center, Holcom Park Recreation Center and Sports Pavilion Lawrence® (Lawrence Parks and Recreation Department, n.d.a). Move More Douglas County recognizes that these services can provide valuable support for individuals starting a new physical activity routine (Barnard, 2023). Therefore, program participants can use their scholarship funds to enroll in group fitness classes or personal training sessions, helping them explore enjoyable activities and receive professional guidance on moving safely and effectively.

Scope of Applied Practical Experience

The Applied Practical Experience (APE) was completed through LiveWell Douglas County with Ginny Barnard, the Executive Director of the organization, who served as the preceptor and point of contact. The connection was facilitated through the Mentorship Program within Kansas State University's Master of Public Health (MPH) program. Over the course of 240 hours working on the Move More Douglas County project, including 15 hours of in-person, hands-on tasks, efforts were mainly focused on creating educational and informational resources to provide individuals with a foundational understanding of physical activity guidelines and their benefits. Work hours were distributed across 35-40 hours per week. Educational and informational materials were designed to reduce barriers to participation by providing guidance, setting expectations related to the available physical activity opportunities such as fitness classes and personal training, and offering practical tools to enhance confidence in engaging with physical activity opportunities. Some of the practical tools developed include a guide for selecting beginner-friendly YouTube fitness content, a breakdown of the Physical Activity Guidelines for Americans, and examples of incorporating physical activity into smaller time blocks throughout the week.

At the beginning of the experience, a meeting was made with recreation Facility Operations Supervisor at Sports Pavilion Lawrence. This introduction gave an understanding into LiveWell Douglas County's partnerships and the resources available to program participants. Familiarization with the activities offered at the local recreation centers allowed for the development of materials that more accurately aligned with the facilities and programs accessible to participants.

Product #1: List of beginner friendly fitness classes offered at Lawrence's recreational centers

The first project involved creating a list of group fitness classes at Lawrence's recreation centers that were suitable for beginners. Since individuals new to exercise may find attending a fitness class intimidating, this resource was developed to help increase participants' confidence and assist in selecting a class. The list aimed to raise confidence and certainty in choosing a class by providing relevant information, such as class descriptions, recommended experience levels, intensity, required equipment, and any special considerations. It also included practical details, like suggested gear to bring (e.g., a personal exercise mat) and potential challenges (e.g., floor exercises that may be difficult for individuals with limited strength or mobility). While specific times, days, and locations were not included, as these are frequently updated on the

Lawrence recreation center's activities website, instructions were provided on how to search for a class to find information such as schedules. Overall, these details help individuals set clear expectations for their chosen class. For more details, see Appendix A.

Most information for this product was gathered from the Lawrence Parks and Recreation website (City of Lawrence, 2025; City of Lawrence, n.d.a), including class names, numbers, descriptions, intensity estimates (based on descriptions and personal experience), required or provided equipment, and special considerations. When clarification was needed, the recreation Facility Operations Supervisor at Sports Pavilion Lawrence® was contacted. Additionally, research-based benefits of each activity type were included to help individuals make informed choices.

The beginner-friendly fitness classes guide aligns with the contemplation and preparation stages of the Transtheoretical Model, during which individuals are more receptive to information that supports behavior change. This guide provides relevant information to help individuals take steps toward increasing their physical activity.

Product #2: Educational presentations for target audience (English and Spanish). Topics covered: physical activity guidelines and personal training

The two projects under product #2 were educational presentations: one on what to expect during a personal training session and the other on the Physical Activity Guidelines for Americans. These resources aimed to reduce doubts and fears by providing clear, practical information to help individuals incorporate physical activity into their lives. The first presentation outlined the key elements of an initial personal training session, including questions a trainer might ask, potential assessments, and the trainer's scope of practice. By setting realistic expectations, it helped individuals feel more prepared if they hired a trainer for a personalized workout plan. The second presentation broke down the Physical Activity Guidelines, explaining moderate-intensity activity, how it should feel, tools for self-assessing exercise intensity, and strategies for incorporating physical activity into daily routines. By making the guidelines more accessible, this presentation encouraged participants to engage in physical activity in a manageable and sustainable way. Both presentations were created in English and Spanish to reach a broader audience.

For the personal training presentation, the material was primarily developed based on personal education received as a personal trainer and the practical experience gained through various client interactions. For the physical activity guidelines presentation, the guidelines were reviewed with a focus on identifying potential areas of confusion for beginners. Key concepts,

such as how to distribute 150 minutes of physical activity throughout the week, understanding what constitutes moderate or vigorous activity, and self-monitoring exercise intensity, were identified as essential for newcomers. Examples were created to illustrate how physical activity can be broken into smaller time blocks throughout the week, while encouraging individuals to personalize their approach to their schedules and abilities. Additionally, examples of moderate and vigorous activities were provided, along with two straightforward tools for self-monitoring intensity (e.g. Rate of Perceived Exertion and the Talk Test). For more details, see appendices B, C, D and E.

Lastly, the information was made available in both English and Spanish because the scholarship recipients utilize Heartland Community Health Center and Lawrence Memorial Hospital (LMH) as their healthcare organizations, which serve individuals from low socioeconomic backgrounds. These organizations support individuals who may have insufficient funds for healthcare or lack health insurance. It is likely that these organizations serve a significant Hispanic or Latino population, as this group typically has an income 18% lower than that of non-Hispanic white households and the highest uninsured rate of any racial or ethnic group in the United States (U.S. Department of Health and Human Services, Office of Minority Health, 2025). In Lawrence, Hispanics make up nearly 8% of the population, or approximately 7,500 individuals (U.S. Census Bureau, 2023). For example, Heartland Community Health Center served over 5,500 Hispanic patients in 2022 (Heartland Health, 2022), though this data was not available in the LMH annual report (Lawrence Memorial Hospital, 2023; LMH Health, 2023). Additionally, Hispanics are 60% more likely to be diagnosed with diabetes by a physician and 1.5 times more likely to die from diabetes than non-Hispanic whites (U.S. Department of Health and Human Services, Office of Minority Health, 2025a). Given these statistics, it was essential to include information in both languages to ensure accessibility for this population.

These presentations align with the contemplation, preparation, and action stages of the Transtheoretical Model. In the contemplation and preparation stages, individuals have not yet established a physical activity habit but are open to information that can help them start. The educational presentations support these stages by providing practical foundational knowledge. In the action stage, individuals have begun engaging in physical activity but have maintained the habit for less than six months, making consistency crucial. The physical activity guidelines presentation reinforces consistency by offering examples of moderate-intensity activities and demonstrating how to break physical activity into smaller, more manageable sessions, promoting sustainable habit formation.

Product #3: Physical activity journal example page

The third product was an example page for a physical activity journal, designed to encourage individuals to reflect on their recent workouts or other physical activities. This tool was intended to assist participants in identifying aspects of their activity that they enjoyed or did not enjoy, as well as evaluating their perceived effort level. Additionally, the journal provided guidance for planning next steps—whether to repeat the physical activity as is, make modifications, or try something different. The goal was to foster self-awareness and autonomy in the participants' physical activity routines, empowering them to make decisions based on what feels best for them and select activities they enjoy, thereby supporting consistency and adherence to their fitness plans. For more details, see appendix F.

The journal page was created by reviewing various example templates available online, incorporating elements that would prompt participants to reflect on key considerations. For instance, the inclusion of unenjoyable activities was designed to help participants identify alternatives they might enjoy more, thereby addressing the setback of engaging in activities they find unenjoyable.

The physical activity journal example page aligns with the action stage, as it assumes individuals have already begun incorporating physical activity into their routine. However, it can also support the preparation stage. For those in the action stage, the journal promotes self-reflection and helps participants identify what they enjoyed or did not enjoy about a physical activity session, then encourages them to consider making changes to adjust physical activity to their preferences. Additionally, the journal serves as a proactive tool, allowing individuals to develop a plan for overcoming setbacks if they encounter a mildly negative experience with exercise that causes them to fall back into an earlier stage.

Product #4: YouTube channels for beginners guide (English and Spanish)

The fourth product was a resource designed to help beginners find reputable and effective YouTube fitness channels. This guide recommended trustworthy online trainers, highlighted key factors to consider when following virtual workouts, and encouraged individuals to focus on how they felt, taking breaks or modifying movements as needed, regardless of how the video continued. Emphasis was placed on body awareness, given the absence of a trainer to monitor and correct form during virtual sessions. The goal was to support individuals in safely engaging in physical activity at home. Additionally, the tool was made available in both English and Spanish to increase accessibility for the Hispanic/Latino population, which were likely to be scholarship recipients of this program. For more details, see appendices G and H.

This tool was created by conducting a search for YouTube fitness channels for beginners. From the results, each suggested trainer's qualifications and education were reviewed, as these credentials indicate that the fitness professional has received the necessary training to safely guide individuals through exercise. Several videos from each trainer were evaluated, including both recent content and older videos. It was ensured that the trainers provided verbal coaching throughout the work intervals, rather than remaining silent. Additionally, the trainers' instructions were assessed for clarity and accessibility, ensuring that they could be understood by a general beginner audience without the use of overly technical language. Modifications to reduce impact and intensity were also confirmed, making the exercises suitable for beginners. To provide variety in workout options, a diverse selection of trainers was included in the guide.

Product #4 supports individuals in the preparation and action stages. For those in the preparation stage, a straightforward list of beginner-friendly YouTube fitness channels simplifies the process of finding reputable, safe online trainers, whether individuals plan to work out at home or follow along with a workout while exercising independently at the recreation center. For those in the action stage, it offers additional options to add variety, helping prevent monotony and boredom in their routine.

Product #5: Parks in Lawrence guide

The fifth product was a resource highlighting natural spaces throughout Lawrence. This guide detailed various parks, including information on available paths, the presence of facilities such as restrooms and water fountains, and access to public transportation. Additionally, it provided recommendations for preparing for outdoor activity, such as bringing bug spray, sunscreen, and appropriate clothing. The resource was designed to encourage individuals to explore outdoor activity options and help them be adequately prepared for their visit to these areas to increase the likelihood of them having an enjoyable experience. For more details, see appendix I.

Through these projects, contributions were made to Move More Douglas County's mission of increasing access to physical activity by developing practical, user-friendly resources. These resources were designed to provide guidance, education, and encouragement for individuals seeking to establish a new exercise habit.

This resource was created by researching parks in various areas within and around Lawrence. A list was compiled of parks to visit, and two days were dedicated to exploring these parks within the community. During each visit, notes were taken regarding factors such as ease

of parking, types of paths, and the availability of public transportation, along with any other relevant details. Based on these observations, descriptive paragraphs were written for each park, along with recommendations for adequately preparing for a park visit.

This tool primarily supports individuals in the preparation and action stages of behavior change. For those in the preparation stage, it provides detailed information to help plan visits to local outdoor spaces, including amenities such as bathrooms, parking, transportation, and walking path types. For individuals in the action stage who are already active, the guide offers additional physical activity opportunities, adding variety and novelty to their routines. This can be particularly helpful during periods of decreased motivation, as introducing something new may help renew enthusiasm and commitment to being physically active (Chan et al., 2020).

Table 1.1 Summary of Portfolio Products

Portfolio Product		Description
1	List of beginner-friendly fitness classes offered at Lawrence's recreational centers.	This resource helps beginners find an activity that suits them best. It includes descriptions of various classes, including the recommended level of experience, intensity, required equipment, and special considerations. The resource also provides a brief overview of exercise guidelines and encourages individuals to choose activities they enjoy. Additionally, it highlights the benefits of different types of exercise.
2	Educational presentations for target audience (English and Spanish). Topics covered: physical activity guidelines and personal training.	These are two PowerPoint presentations. One focuses on the Physical Activity Guidelines for Americans, making them more approachable for beginners. It explains the types of activities that count as moderate or vigorous exercise, provides tools for self-monitoring exercise intensity, and offers guidance on how to distribute 150 minutes of moderate-intensity exercise throughout the week.

		The second presentation covers what to expect when working with a personal trainer. It outlines the questions a trainer may ask, explains what a personal trainer can and cannot do, offers tips for recognizing a reputable fitness professional, and clarifies the trainer's ultimate goal for their clients.
3	Physical activity journal example page.	This is an example page of a physical activity journal designed to encourage self-reflection. It prompts individuals to record the type of activity performed, the duration, their perceived level of effort (on a scale from 1 to 10), and their level of enjoyment (on a scale from 1 to 10). The journal also asks whether the activity was completed alone or with others, how they felt afterward, and what they enjoyed about it. Additionally, it encourages reflection on aspects that were not enjoyable and invites individuals to consider how they might modify the activity for next time. Finally, the journal prompts users to decide whether they plan to repeat the activity, or if not, to reflect on other activities they might want to try.
4	List of YouTube fitness channels and guidance for beginners (English and Spanish).	This is an educational resource that outlines recommended YouTube channels for individuals looking to exercise at home or follow along if they are exercising independently at a recreation center. It features certified exercise professionals who offer a variety of workout videos tailored to beginners. The resource also

		includes special considerations and important things to be aware of when working out at home without the direct supervision of an exercise professional.
5	Parks in Lawrence, Kansas.	This is a written resource listing parks in Lawrence, KS. It provides the address for each park, describes the types of paths available, and includes information on amenities such as parking, bathrooms, and water fountains. Additionally, the resource offers brief recommendations on how to prepare for a visit, such as bringing bug spray, wearing appropriate shoes, and using sunscreen.

Table 1.2 Portfolio Products and Competency Addressed

Portfolio Product		Number and Competency Addressed	
1	List of beginner-friendly fitness classes offered at Lawrence's recreational centers.	21	Perform effectively on interprofessional teams.
2	Educational presentations for target audience in English and Spanish. Topics covered: physical activity guidelines and personal training.	8	Apply awareness of cultural values and practices to the design or implementation of public health policies.
		19	Communicate audience-appropriate public health content, both in writing and through oral presentation.

		21	Perform effectively on interprofessional teams.
3	Physical activity journal.	8	Apply awareness of cultural values and practices to the design or implementation of public health policies.
4	List of YouTube fitness channels and guidance for beginners.	19	Communicate audience-appropriate public health content, both in writing and through oral presentation.
5	Parks in Lawrence, KS.	22	Apply systems thinking tools to a public health issue.
		9	Design a population-based policy, program, project, or intervention.

Chapter 2 - Competencies

Competency #8: Apply awareness of cultural values and practices to the design, implementation, or critique of public health policies or programs. Resources were created in both English and Spanish, encompassing oral and written information. This was achieved through projects such as PowerPoint presentations designed for the community, where clear and concise language was maintained throughout the slides. A video version of the presentation was also developed. The Spanish presentation was reviewed by a Spanish-speaking individual at LiveWell Douglas County to ensure clarity for Spanish speakers from diverse backgrounds. Additionally, the example physical activity journal page was designed to encourage individual reflection on physical activities, helping participants assess whether a particular activity aligns with their values and preferences, thereby guiding them to choose activities with which they feel comfortable.

Competency #9: Design a population-based policy, program, project, or intervention. This competency was achieved through the "Parks in Lawrence, KS" resource, an informational written project designed to provide details about various parks in Lawrence to the city's residents and visitors, thereby removing barriers to outdoor activities. This resource aims to raise awareness of different outdoor activity options that accommodate the diverse needs of individuals, including variations in fitness and mobility levels, as well as access to transportation.

Competency #19: Communicate audience-appropriate (i.e., non-academic, non-peer audience) public health content, both in writing and through oral presentation. This competency was achieved through the "Educational presentations for target audience in English and Spanish. Topics covered: physical activity guidelines and personal training." In these presentations, the information on the slides was designed to be easily understandable for individuals who may read it without the accompanying video, allowing for someone else to present the material if needed. Additionally, both presentations were recorded in video format, and versions were created in both English and Spanish to reach a wider audience. This competency was further demonstrated through the "List of YouTube fitness channels and guidance for beginners" resource, which is a written guide available in English and Spanish. This resource concisely and clearly outlines key considerations for selecting an online fitness personality, suggests appropriate beginner-friendly fitness channels, and encourages

individuals to be mindful of how they feel during at-home workouts, especially in the absence of a trained professional to monitor their performance.

Competency #21: Integrate perspectives from other sectors and/or professions to promote and advance population health. This competency was accomplished through collaboration with the Facility Operations Supervisor at Lawrence Sports Pavilion®. By working with him, accurate information was gathered to ensure the “List of beginner-friendly fitness classes offered at Lawrence’s recreational centers” resource met the needs of participants. I met with the Facility Operations Supervisor at Lawrence Sports Pavilion on one occasion, when being introduced to the type of recreation facility that would be available for program recipients. All subsequent communications were conducted via email. The Spanish version of the educational presentations on physical activity guidelines and personal training was reviewed by a Spanish-speaking staff member at Live Well Douglas County. This facilitated collaboration with a team member and ensured the materials were culturally appropriate. All communications with this Spanish-speaking team member were relayed through the Executive Director of Live Well Douglas County, who acted as an intermediary.

Competency #22: Apply a systems thinking tool to visually represent a public health issue in a format other than a standard narrative. The "Parks in Lawrence, KS" resource fulfills this competency by considering various factors that may influence park usage, as well as the types of individuals who may utilize parks based on their fitness and mobility levels. This organization of park elements can be visually mapped to illustrate how these factors determine whether a park will be used by community members.

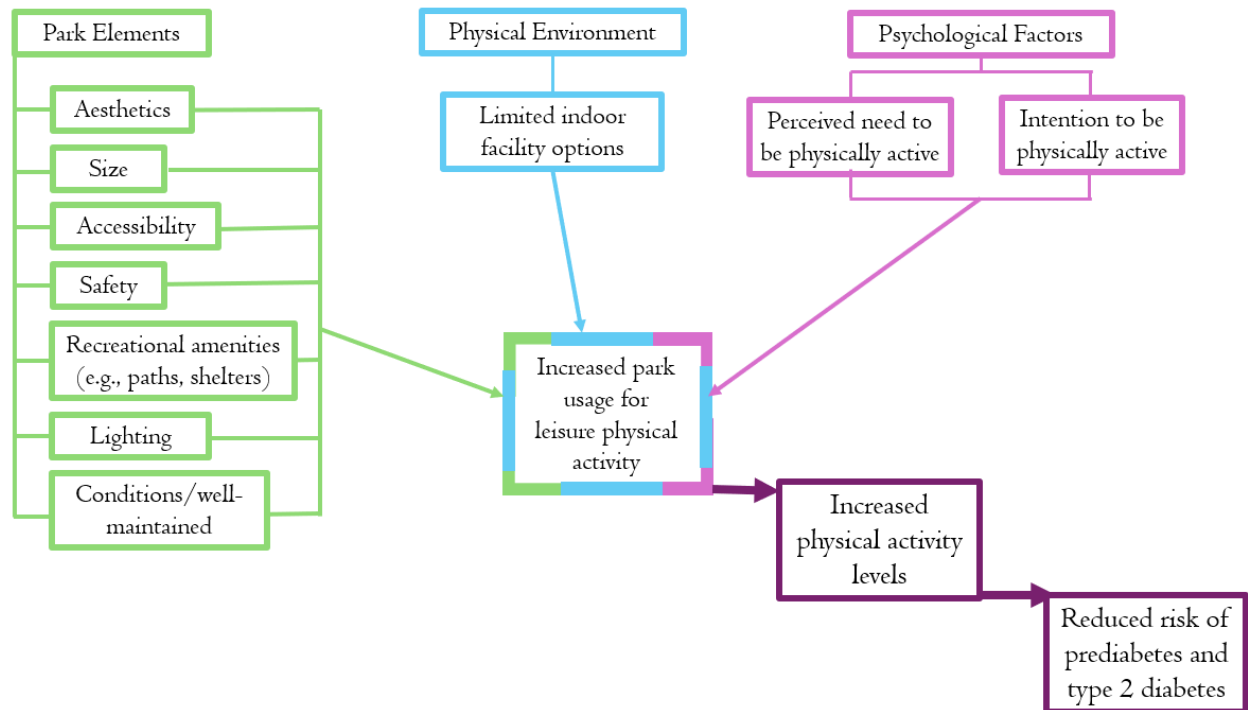


Figure 1 - Systems Thinking Tool. Park usage, physical activity, and impact on prediabetes and type 2 diabetes flow chart. Created by Cristina Alamos based on articles by Bedimo-Rung et al., 2005 and McCormack et al., 2023.

Table 2.1 Summary of MPH Foundational Competencies

Number and Competency		Description
8	Apply awareness of cultural values and practices to the design, implementation, or critique of public health policies or programs	Created bilingual resources in English and Spanish to ensure physical activity information is accessible and culturally appropriate. Additionally, a sample physical activity journal page was designed to encourage individual reflection, helping participants assess and identify their physical activity-related values and preferences.
9	Design a population-based policy, program, project, or intervention	Developed a resource tailored to the Lawrence community, providing information on local opportunities for outdoor physical activity.
19	Communicate audience-appropriate (i.e., non-academic, non-peer audience) public health content, both in writing and through oral presentation	Developed and presented beginner-friendly physical activity resources in both English and Spanish to enhance the accessibility and effectiveness of public health communication. These resources were provided in both written and video formats to improve comprehension and ensure broader accessibility.
21	Integrate perspectives from other sectors and/or professions to promote and advance population health	Collaborated with team members at Live Well Douglas County and stakeholder at Lawrence Sports Pavillion® to ensure the accuracy and relevance of the information being developed.
22	Apply a systems thinking tool to visually represent a public health issue in a format other than a standard narrative	Noted factors that influence park usage and leveraging this information to create a resource that will positively impact community engagement in outdoor spaces

		and reduce risk, or improve management, of prediabetes and type 2 diabetes.
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Table 2.1 MPH Foundational Competencies Course Mapping

22 Public Health Foundational Competencies Course Mapping	MPH 701	MPH 720	MPH 754	MPH 802	MPH 818
Evidence-based Approaches to Public Health					
1. Apply epidemiological methods to settings and situations in public health practice	x		x		
2. Select quantitative and qualitative data collection methods appropriate for a given public health context	x	x	x		
3. Analyze quantitative and qualitative data using biostatistics, informatics, computer-based programming and software, as appropriate	x	x	x		
4. Interpret results of data analysis for public health research, policy or practice	x		x		
Public Health and Health Care Systems					
5. Compare the organization, structure and function of health care, public health and regulatory systems across national and international settings		x			
6. Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and systemic levels					x
Planning and Management to Promote Health					
7. Assess population needs, assets and capacities that affect communities' health		x		x	
8. Apply awareness of cultural values and practices to the design, implementation, or critique of public health policies or programs					x
9. Design a population-based policy, program, project or intervention			x		
10. Explain basic principles and tools of budget and resource management		x	x		
11. Select methods to evaluate public health programs	x	x	x		
Policy in Public Health					
12. Discuss multiple dimensions of the policy-making process, including the roles of ethics and evidence		x	x	x	
13. Propose strategies to identify stakeholders and build coalitions and partnerships for influencing public health outcomes		x		x	x
14. Advocate for political, social or economic policies and programs that will improve health in diverse populations		x			x
15. Evaluate policies for their impact on public health and health equity		x		x	
Leadership					

16. Apply leadership and/or management principles to address a relevant issue		x			x
17. Apply negotiation and mediation skills to address organizational or community challenges		x			
Communication					
18. Select communication strategies for different audiences and sectors	DMP 815, FNDH 880 or KIN 796				
19. Communicate audience-appropriate (i.e., non-academic, non-peer audience) public health content, both in writing and through oral presentation	DMP 815, FNDH 880 or KIN 796				
20. Describe the importance of cultural competence in communicating public health content		x			x
Interprofessional Practice					
21. Integrate perspectives from other sectors and/or professions to promote and advance population health		x			x
Systems Thinking					
22. Apply a systems thinking tool to visually represent a public health issue in a format other than a standard narrative			x	x	

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Appendix

Appendix A - List of beginner-friendly fitness classes offered at Lawrence's recreation centers



LOCAL OPPORTUNITIES TO BE ACTIVE



Physical activity is a big part in diabetes management. Check out these beginner friendly exercise options offered at:

- Sports Pavilion Lawrence®
- East Lawrence Recreation Center
- Holcom Park Recreation Center
- Community Building

If you are interested in trying any of these classes, visit lprd.org/activity and use the filters to find out about availability, location and the schedule that works for you

Find the class by either typing it in the "Keyword Search" or looking it up by "Activity Number"

A screenshot of the "Activity Search" web interface. On the left, there are several search filters: "Keyword Search" (with a red circle around its input field), "Activity Number" (with a red circle around its input field), "Category (0)", "Type (0)", "Instructor (0)", and "Location (0)". Each filter has a dropdown arrow. At the bottom of these filters is a blue "Search" button. On the right, the "Activity Search" header is followed by "Search Results" and a "Display Option: Detail" dropdown. Below this is a "Begin Search" section with a paragraph of text and a blue "Search Now" button.

CLASS / ACTIVITY #	DESCRIPTION	LEVEL	INTENSITY	EQUIPMENT	OTHER CONSIDERATIONS
Personal Training	Best option for a beginner. A personal trainer can tailor workouts to your specific needs, goals and current abilities. Scheduling a session with a trainer means that you will have the undivided attention of an exercise professional to ensure you learn how to safely move through exercises, allowing you to build confidence while improving your fitness	All levels	Depends on client needs	Depends on client needs	Depends on client needs
Slow Flow Yoga / 315016	Mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class starts slow and ends with a long savasana. This is an ideal class for those new to yoga, as well experienced students looking for a gentle practice	All levels	Low	Props will be provided in class. BRING PERSONAL MAT	Floor exercise
Yoga Flow / 315040	Suitable for beginners as well as experienced students who enjoy a gentler class. Develop body awareness, learn basic postures, and proper alignment. Learn how to pair breath with movement and become familiar with the connection to your physical and energetic body	All levels	Low	BRING PERSONAL MAT	Floor exercise
Yoga Restorative / 315046	This class is all about relaxation, relieving pain and tension, and connecting body and mind through breath and meditation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored	All levels	Low	BRING PERSONAL MAT	Floor exercise

CLASS / ACTIVITY #	DESCRIPTION	LEVEL	INTENSITY	EQUIPMENT	OTHER CONSIDERATIONS
Beginner Yoga / 315015	This is an introduction to the Yoga. Class is slower paced and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try	All levels	Low	BRING PERSONAL MAT	Floor exercises
Yoga Stretch / 315017	A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion.	All levels	Low	BRING PERSONAL MAT	Floor exercise
Yogilates / 315121	Fusion of core strengthening Pilates combined with the flexibility and relaxation of a yoga flow. Focus on coordination, increased range of motion and balance for a complete workout	All levels	Low/Moderate	BRING PERSONAL MAT	Floor exercises
POP Pilates® / 315032	Mix of Pilates inspired moves with rhythm and choreography for a fun workout that targets every muscle. Focuses on proper breathing, alignment, and balance. Options and modifications to fit individual needs	All levels	Low/Moderate	BRING PERSONAL MAT	Floor exercises

CLASS / ACTIVITY #	DESCRIPTION	LEVEL	INTENSITY	EQUIPMENT	OTHER CONSIDERATIONS
Essentrics / 315027	Full body workout focused on rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This class combines ballet strengthening, tai chi fluidity and physiotherapy techniques	All levels	Low/Moderate	BRING PERSONAL MAT	Floor exercises
Barrelates / 315030	Fusion of Barre and Pilates for a full-body strength training workout. Combining the dynamic, dance-inspired movements of barre with lengthening and strengthening exercises of Pilates, you will hit multiple muscle groups at once. This class will incorporate music and will be both challenging and fun	All levels	Moderate	BRING PERSONAL MAT	May have floor exercises
Universal Groovy Dance / 315004	UGD combines the latest moves from African, Colombian, American and Latin dances! This class focuses on fun and easy to follow dancing! You'll be moving during the entire class, and you will SWEAT!	All levels	Moderate/High	None	None
Dance Fitness / 327250	Full body cardio workout with a variety of easy-to-follow dance routines set to old and new favorites. Class will alternate between a long non-stop cardio dance segment followed by strength/core exercises or an interval style class with cardio dances interspersed with strength training. Simple enough for beginners, yet challenging for advanced students	All levels	Moderate/High	BRING PERSONAL MAT	May have floor exercises

CLASS / ACTIVITY #	DESCRIPTION	LEVEL	INTENSITY	EQUIPMENT	OTHER CONSIDERATIONS
Zumba® / 315000	A class that combines Latin and International music with dance moves. While this is a fitness class that combines low- and high intensity moves, this will feel less like a workout and more like a dance party. In Zumba you'll work cardio, muscle conditioning, balance and flexibility and will leave feeling energized and awesome	All levels. (Learning curve when learning the moves)	Moderate/High	None	None
TRX® FIT / 315112	In this class will help you improve your cardio, build muscular endurance, and strengthen your core. This is a great well-rounded way to improve your fitness	All levels	Moderate/High	Equipment provided in class. BRING PERSONAL MAT	May have floor exercises
Pumped / 315008	This class changes a bit every week with a different focus. Classes include kickboxing, upper and lower body strengthening, yoga, abs and cardio. Beginners welcome, you can modify anything we do, but this will challenge a fitness junkie	All levels	High	BRING PERSONAL MAT	May have floor exercises

As You Explore these Classes, Consider the Following:



Aim to get 150 mins of moderate-intensity aerobic physical activity every week. It is best to break this up into smaller bouts of exercise spread throughout the week¹



Aim to do muscle-strengthening activities at least 2x per week¹. If you have the time, this can be done as a separate session. If you are short on time, this can be mixed into your 150 mins of moderate activity by doing circuit style training or participating in fitness classes that include some strength training



Personal Training: If you are unsure about how to incorporate circuit training or any other exercise related concerns, a personal trainer is a great resource that can help you with this

As You Explore these Classes, Consider the Following:



Enjoyment is strongly connected to consistent physical activity², so try new things to find what you like! The best workout is the one that you like and will stick to. Don't worry about trendy or overcomplicated workouts. Instead, find activities that you truly enjoy so that you do them long term



Don't forget to rest. Remember that you are building up your fitness, so if you do a workout that feels very intense, rest during your session as needed. Also, incorporate some lighter physical activity days in which you do light stretching, light walking, or other gentle movements to promote an effective recovery after a hard exercise session³

Benefits of Dance Workouts

Dancing can improve balance, strength, flexibility, posture, and aerobic endurance. Additionally, it is a great way to meet new people and cultivate positive emotions⁴



Benefits of Pilates

Pilates incorporates principles of core stability, postural alignment, balance, and muscular strength and endurance. Movements are completed with precision, fluidity and control while doing full, rhythmic breathing⁵

Pilates is a low impact exercise that may improve flexibility, balance, and cardiovascular health⁵



Benefits of Strength Training

Strength training can improve muscle strength, endurance and power; it can support bone density and increase durability of connective tissue; it helps support blood glucose regulation and increases aerobic fitness⁶. Lastly, it can help improve mind-muscle connection⁶



Benefits of Yoga

Yoga provides benefits such as reduced blood pressure, feelings of relaxation and lowered stress, improved digestion, better posture, increased strength, flexibility and balance. Yoga can also benefit individuals with chronic diseases and disabilities through improved body awareness and orientation, the development of focus and concentration, the encouragement of learning and creativity⁷



Benefits of Balance and Flexibility Training

Balance is associated with a reduced risk of falling, improved quality of life, increased lower limb strength, and improved posture⁸

Flexibility training may also improve walking ability, mobility, as well as balance⁸



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Appendix B - Educational presentation for target audience in English. Topic covered:
Personal training



Your First Personal Training Session

What to Expect



Why Should You Consider Getting a Personal Trainer?

- A personal trainer will:
 - Focus on you to help correct any form issues, helping you get fitter while staying safe
 - Personalize workouts based on your goals, needs, current abilities and time constraints
 - Can modify workouts on the spot if there is a movement that does not feel right
 - Give you clear instructions and cues suited for your learning style, allowing you to build confidence while getting fitter
- **Main goal of a personal trainer: To get you comfortable and confident with exercise, so that eventually you will not need a trainer to guide you**





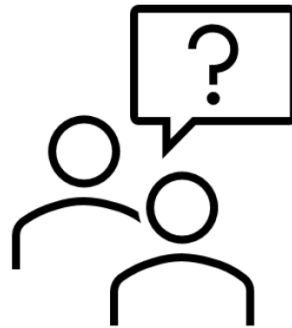
Personal Trainer Certifications

- NASM (National Academy of Sports Medicine)
- ACSM (American College of Sports Medicine)
- ACE (American Council on Exercise)
- NCSF (National Council on Strength and Fitness)
- ISSA (International Sports Science Association)
- Among others...

A certification shows that a personal trainer has met the educational requirements to safely coach and lead individuals through exercise

Questions a Personal Trainer Might Ask You

- Do you currently have any injuries? Or have you had any injuries in the past?
 - This provides some information about potential muscle or joint weaknesses, awareness when doing exercises at a certain range of motion, or determining at what intensity or impact to work at
- What does a normal day look for you? What is your daily routine? What do you do for work?
 - These questions provide information on your daily activity level, what movements you usually do at work or home and what muscles to focus on that might be tight or weak



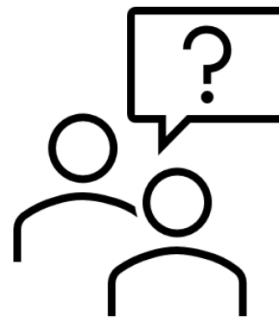
Questions a Personal Trainer Might Ask You

- What hobbies do you have?
 - This also gives some insight into things that might be affecting your strength, and which muscles you should emphasize during your workouts. For example, if you spend a lot of time drawing which might cause you to slouch and look down, your trainer might suggest back strengthening exercises and chest stretches. If you play golf, your trainer might include some core exercises that involve controlled twisting to strengthen your core muscles and improve your spine mobility
- How are you feeling today? Do you have any aches or pains bothering you?
 - This should come at the beginning of any sessions. This lets the personal trainer know whether they need to modify or eliminate certain exercises based on how you feel that day



Questions a Personal Trainer Might Ask You

- What are your goals?
 - This question is critical. Whether it's to improve aerobic endurance, strength, mobility, or simply all-around fitter, your trainer should give you a program that will get you closer to these goals
- Do you have any questions?
 - Even if a trainer does not ask you this, ask all the questions you need to. Clarifying your concerns will make a session go much smoother for both you and the trainer by helping you feel more comfortable and build a connection with your trainer



What Might Happen at the Start of Your Session?

- Assessments:
 - Postural Assessments
 - Squat Assessment
 - Plank Assessment
 - Walking Assessment
 - Flexibility Assessment
 - Biometric Measurements



What Personal Trainers CAN Do

- Personal trainers work under what is called a "Scope of Practice", which specifies what they can do for their clients:
 - Personal trainers use an individualized approach to assess, motivate, educate and train clients regarding their health and fitness needs. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals and respond appropriately in emergency situations¹

What Personal Trainers CANNOT Do

- These are things that a personal trainer cannot do for you, as they fall outside of their scope of practice²:
 - Diagnose/treat injury or disease
 - Give prescriptions
 - Prescribe diets or recommend supplements
 - Monitoring medical progress

A personal trainer can coach a client through behavior change. If needed, they can refer the client to the appropriate medical professional, report progress to the client's doctor (with client's permission) and provide general nutrition information based on publicly available information such as ChooseMyPlate.gov or the Dietary Guidelines for Americans²



A Personal Trainer Is There to Help You

- Getting a personal trainer might feel intimidating at first. We might think of the stereotype of an angry, ultra-muscular person yelling at you to run faster or to do 50 pushups
- In reality, most trainers are far from this stereotype
- They entered their career to help, coach, and support people
- They are there to listen to your concerns and give you a program that fits your needs and preferences



References

1. Waryasz GR, Daniels AH, Gil JA, Suric V, Eberson CP. Personal Trainer Demographics, Current Practice Trends and Common Trainee Injuries. *Orthop Rev (Pavia)*. 2016;8(3):6600. doi:[10.4081/or.2016.6600](https://doi.org/10.4081/or.2016.6600)
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Appendix C - Educational presentation for target audience in Spanish. Topic covered:
Personal training



Tu Primera Sesión con un Entrenador Personal

Qué Esperar



Por Qué Deberías Considerar Un Entrenador Personal

- Un entrenador personal:
 - Se enfocará en ti y te ayudará a corregir movimientos incorrectos. De esta manera, te puedes poner en forma mientras te mantienes seguro
 - Te dará un entrenamiento basado en tus objetivos, necesidades personales, capacidades actuales y tu tiempo disponible
 - Puede modificar ejercicios durante la sesión en el caso de que haya algo que no se sienta bien o que cause dolor
 - Te dará instrucciones claras basadas en tu estilo de aprendizaje. Esto te permitirá sentirte seguro en ti mismo mientras mejoras tu estado físico
- Objetivo principal de un entrenador personal: Hacerte sentir cómodo y seguro de ti mismo con el ejercicio. De esta manera, eventualmente no necesitarás un entrenador





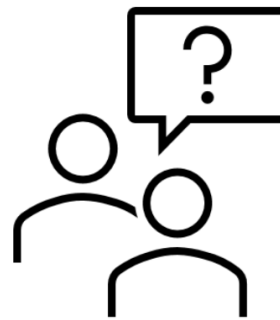
Certificaciones Típicas de Entrenadores Personales:

- NASM (National Academy of Sports Medicine)
- ACSM (American College of Sports Medicine)
- ACE (American Council on Exercise)
- NCSF (National Council on Strength and Fitness)
- ISSA (International Sports Science Association)
- Entre otras...

Una certificación demuestra que un entrenador personal ha cumplido con los requisitos educativos para entrenar y guiar a personas de manera segura durante entrenamientos físicos.

Cosas Que un Entrenador Personal te Preguntará

- ¿Tienes alguna lesión? ¿O te has lesionado alguna vez?
 - Esto da información sobre músculos o articulaciones que podrían estar débiles. Esto ayudará a tu entrenador a estar consciente en cuanto a hacer ejercicios con un cierto rango de movilidad, nivel de intensidad o de impacto
- ¿Qué es un día normal para ti? ¿Cual es tu rutina diaria? ¿En qué trabajas?
 - Estas preguntas proveen información sobre tu nivel de actividad física, qué tipo de movimientos generalmente haces en casa or en el trabajo, y qué musculos podrían estar tensos o débiles



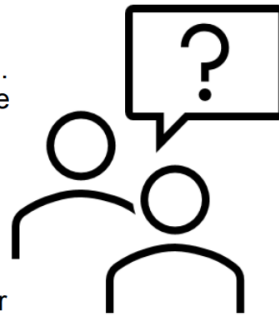
Cosas Que un Entrenador Personal te Preguntará

- ¿Qué pasatiempos tienes?
 - Esto puede darle pistas a tu entrenador para determinar qué cosas pueden estar afectando tu fuerza, y en qué músculos enfocarse más durante tus entrenamientos. Por ejemplo, te gusta mucho dibujar, es posible que pases mucho tiempo sentado o con la espalda encorvada hacia adelante. Con esta información, tu entrenador te dará ejercicios para fortalecer la espalda y elongar los musculos del pecho. Si te gusta jugar golf, es posible que hagas ejercicios de torsión controlada para fortalecer tus abdominales y proteger tu columna



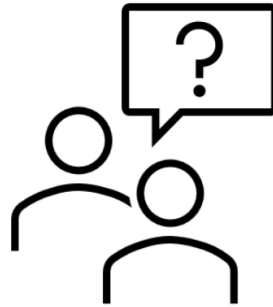
Cosas Que un Entrenador Personal te Preguntará

- ¿Cómo te sientes hoy? ¿Tienes dolor o alguna molestia?
 - Esta pregunta debería estar al principio de cada sesión. De esta manera, el entrenador puede saber si tiene que modificar o eliminar ciertos ejercicios que tenía planificados basado en tu respuesta
- ¿Cuales son tus metas?
 - Esta pregunta es muy importante. Ya sea mejorar tu resistencia aerobica, fuerza, movilidad o simplemente mejorar tu estado físico en general, un buen entrenador te dará un plan de ejercicio que te aproxime a tus metas



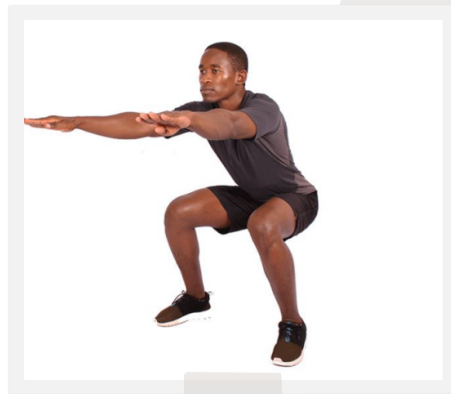
Cosas Que un Entrenador Personal te Preguntará

- ¿Tienes alguna pregunta?
 - Hasta si un entrenador no te pregunta esto, deberías hacer todas las preguntas que necesites. Clarificar cualquier duda hará que tu sesión vaya de manera mas armoniosa para ti y para el entrenador. Esto tambien ayudará a establecer confianza con tu entrenador



Evaluaciones

- Evaluaciones:
 - Posturales
 - Sentadilla
 - Plancha
 - Caminata
 - Flexibilidad
 - Peso, estatura, etc.





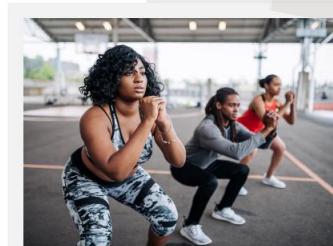
Lo que el Entrenador Sí Puede Hacer

- Los entrenadores personales trabajan bajo lo que se llama "Alcance de Profesión", que especifica lo que pueden hacer por sus clientes:
 - Los entrenadores personales utilizan un enfoque individualizado para evaluar, motivar, educar, y entrenar a los clientes en relación a sus necesidades de salud y estado físico. Diseñan programas de ejercicio seguros y eficaces, brindan la orientación para ayudar a los clientes a alcanzar sus metas personales de salud y estado físico y reaccionan de manera adecuada en situaciones de emergencia¹

Lo que el Entrenador NO Puede Hacer

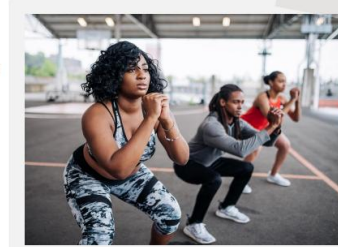
Estas son cosas que un entrenador personal no puede hacer por ti, ya que están fuera del alcance de profesión²:

- Diagnosticar/tratar lesiones o enfermedades
- Dar recetas para medicamentos
- Prescribir dietas o recomendar suplementos
- Monitorear progreso médico



Lo que el Entrenador Puede Hacer en Situaciones Fuera de su Alcance de Profesión

Un entrenador personal puede ayudar al cliente a cambiar hábitos a unos mas saludables. Si es necesario, el entrenador puede derivar al cliente al profesional médico adecuado, informar (con el permiso del cliente) al médico sobre el progreso del cliente. El entrenador tambien puede explicar al cliente información nutricional que ya esta disponible en fuentes disponibles para el público general tales como ChooseMyPlate.gov y las Guías Alimentarias para los Estadounidenses (Dietary Guidelines for Americans)²



Un Entrenador Personal Esta Ahí Para Ayudarte

- Contratar un entrenador personal puede parecer intimidante. A lo mejor estamos pensando en el estereotipo de una persona enojada y muy musculosa gritando que corramos más rápido o que hagamos 50 flexiones
- En realidad, la mayoría de los entrenadores no se parecen nada a este estereotipo
- Está en esta profesión para guiar, asesorar, ayudar y apoyar a personas
- Está ahí para aliviar tus inquietudes y darte un programa que satisfaga lo que tú necesitas y prefieres



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Appendix D - Educational presentation for target audience in English. Topic covered:
Physical Activity Guidelines



Physical Activity Guidelines



Key Physical Activity Guidelines for Adults

Adults should aim to get at least 150 minutes of moderate-intensity exercise

Adults with chronic conditions or disabilities, who are able, should get at least 150 of moderate-intensity exercise

What is Moderate Intensity?



What is Moderate Intensity?



Brisk walking



Casual dancing



Gardening



Water aerobics



Doubles tennis



Biking slower than
10 mph



**Okay, but how do I know if I'm working at
a moderate intensity?**



Rate of Perceived Exertion (RPE)

Talk Test

Rate of Perceived Exertion (RPE)

RPE SCALE

Rating	Perceived Exertion Level
0	No exertion, at rest
1	Very light
2-3	Light
4-5	Moderate, somewhat hard
6-7	High, vigorous
8-9	Very hard
10	Maximum effort, highest possible

NASM – The Rate of Perceived Exertion (RPE)

Explained <https://blog.nasm.org/rate-of-perceived-exertion>

Talk Test

- **Moderate Intensity: You can talk but not sing.**
 - For example: Being out on a walk and easily talking to a family member or friend.
 - **RPE 0-10:** Between 4 and 5
- **Vigorous Intensity: You can only say a few words at a time.**
 - For example: Going very fast on an elliptical machine, bicycle, or rushing up the stairs.
 - **RPE 0-10:** Between 6 and 8

<https://www.cdc.gov/physicalactivity/basics/measuring/index.html>

150 minutes sounds like a lot!

- Spread it out throughout the week
- Example:

Day	Time
Monday	30 minutes
Tuesday	30 minutes
Wednesday	20 minutes
Thursday	20 minutes
Friday	25 minutes
Saturday	25 minutes
Sunday	Rest
Total	150 minutes

Start Small

- Example goal: 30 minutes per week

Day	Time
Monday	10 minutes
Tuesday	Rest
Wednesday	10 minutes
Thursday	Rest
Friday	10 minutes
Saturday	Rest
Sunday	Rest
Total	30 minutes

Key to Consistency

Set yourself a very small goal

A small goal helps you build confidence

Remember:

This is not a race. Start small and
build up slowly

**Appendix E - Educational presentation for target audience in Spanish. Topic covered:
Physical Activity Guidelines**



Directrices de Actividad Física



Directrices de Actividad Física Claves Para Adultos

Los adultos deberían tratar de realizar al menos
150 minutos de ejercicio de intensidad moderada

Los adultos con condiciones crónicas o
discapacidades, si tienen la capacidad, deberían
realizar al menos 150 minutos de ejercicio de
intensidad moderada

¿Qué es intensidad moderada?



¿Qué es intensidad moderada?



Caminata rápida



Baile casual



Jardinería



Ejercicio aeróbico acuático



Tenis a dobles



Bicicleta a menos de 10 millas por hora/16 km por hora



¿Cómo sé si estoy trabajando a una intensidad moderada?



Grado de Esfuerzo Percibido (GEP)
Inglés: RPE

Prueba del Habla

Grado de Esfuerzo Percibido

Grado de Esfuerzo Percibido

Grado	Esfuerzo Percibido
0	Ningún esfuerzo/descanso
1	Muy ligero
2-3	Ligero
4-5	Moderado/esfuerzo algo duro
6-7	Alta intensidad/duro esfuerzo
8-9	Muy duro esfuerzo
10	Máximo esfuerzo/mayor esfuerzo posible

NASM – The Rate of Perceived Exertion (RPE)

Prueba del Habla

- **Intensidad Moderada: Puedes hablar pero no cantar.**
 - Por ejemplo: Salir a caminar y fácilmente poder conversar con un amigo or familiar
 - **RPE 0-10:** Entre 4 y 5
- **Intensidad Vigorosa: Puedes decir unas pocas palabras a la vez.**
 - Por ejemplo: Trabajar muy duro en una maquina de ejercicio como la elíptica, trotadora, o correr mientras subes las escaleras
 - **RPE 0-10:** Entre 6 y 8

<https://www.cdc.gov/physicalactivity/basics/measuring/index.html>

¡150 minutos suena como demasiado tiempo!

- Distribúyelo a lo largo de la semana
- Ejemplo:

Día	Tiempo
Lunes	30 minutos
Martes	30 minutos
Miércoles	20 minutos
Jueves	20 minutos
Viernes	25 minutos
Sábado	25 minutos
Domingo	Descanso
Total	150 minutos

Empieza con Metas Pequeñas

- Por ejemplo: 30 minutos cada semana

Día	Tiempo
Lunes	10 minutos
Martes	Descanso
Miércoles	10 minutos
Jueves	Descanso
Viernes	10 minutos
Sábado	Descanso
Domingo	Descanso
Total	30 minutos

Clave Para la Consistencia

Establece metas muy pequeñas
Las metas pequeñas te ayudan a
sentirte seguro/a de ti mismo/a

Recuerda:

Esto no es una carrera. Empieza de
manera lenta, y de a poco puedes añadir
a tu rutina

Appendix F - Physical activity journal example page



PHYSICAL ACTIVITY JOURNAL

Type of Activity	
Duration	
How hard did you work? (0-10)	
Enjoyment during the activity (0-10)	
Did you do the activity with anyone else?	
How did you feel after the workout?	
What did you enjoy about the activity?	
What did you not enjoy about the activity? How could you change this next time?	
Are you planning on doing this again? If not, what other activity would you like to do next time?	

How hard did you work: 0 = Little to no effort; 10 = Highest effort possible

Enjoyment during activity: 0 = No enjoyment during activity; 10 = Enjoyed this activity very much



YOUTUBE FITNESS CHANNELS FOR BEGINNERS

Consult with your healthcare provider before starting a
physical activity program



IMPORTANT REMINDER

YouTube workouts can help you stay consistent because you can find workouts as short as 5 minutes and you can do them whenever it fits your schedule

However, with online workouts there is no one there to correct your form, so you must be VERY AWARE of how your body feels and know when to take breaks or modify exercises

Also, be aware of online trainers making extreme promises such as fast weight loss, as these are usually unrealistic and unsafe

Choose to follow people who offer objective information who aren't trying to sell you quick fixes

FitnessBlender: Includes cardio, strength training, stretching, and high intensity interval training (HIIT) with clear instructions for a variety of levels

Yoga with Adriene: Yoga perfect for beginners and shows you that you do not have to be flexible to start doing yoga

POPSUGAR Fitness: Includes cardio, strength training, dance, Pilates, and many other options! Taught by a variety of trainers for a variety of levels

BodyProject: Offers low impact workouts that are perfect for beginners

Walk at Home by Leslie Sansone: Walking workouts that are perfect for beginners with easy-to-follow, low-impact routines that can be done in small spaces

Up to the Beat Fit: Dance-based and walking workouts that are fun and easy to follow



CANALES DE YOUTUBE EN ESPAÑOL PARA PRINCIPIANTES

Consulte con su médico antes de comenzar un programa
de actividad física



RECORDATORIO IMPORTANTE

Los entrenamientos en YouTube pueden ayudarte a mantenerte constante, ya que puedes encontrar rutinas de tan solo 5 minutos y las puedes hacer de acuerdo a tu horario

Sin embargo, con los entrenamientos en línea no hay nadie que pueda corregir tu forma, por lo que debes estar **MUY CONSCIENTE** de cómo se siente tu cuerpo y saber cuándo tomar descansos o modificar los ejercicios

También ten cuidado con los entrenadores en línea que hacen promesas extremas, como la pérdida rápida de peso, ya que suelen ser poco realistas y peligrosas

Elige seguir a personas que ofrecen información objetiva y que no intentan venderte soluciones rápidas

Fausto Murillo: Incluye una variedad de entrenamientos, incluyendo cardio, fuerza y HIIT

Malova Elena: Ofrece yoga, Pilates, y ejercicios de flexibilidad. Da instrucciones claras y te alenta a fijarte cómo te sientes durante las rutinas, haciendo sus videos perfectos para principiantes

Xuan Lan Yoga: Ofrece clases de yoga con distintos enfoques, tales como relajación, fuerza, y flexibilidad. Da instrucciones claras con distintas alternativas, lo cual hace su canal adecuado para principiantes

Entrenando con Sergio Peinado: Tiene una variedad de rutinas de fuerza, cardio y HIIT



Opportunities to Enjoy Nature in Lawrence, KS





Overlook Park by Clinton Lake

800 N. 1402 Rd Lawrence, KS 66049

Overlook Park by Clinton Lake is perfect for getting outside and enjoying nature without having to drive too far. It is open from 8:00 am to 10:00 pm and has free parking with plenty of space.

There are picnic and shelter areas, trash cans that make it easy to keep the place tidy, and a variety of trails for biking and hiking. If you are exploring the trails, take a picture of a map of the area, located at the trailheads—it can get a bit confusing in the woods! But, if you do not have much else to do that day, maybe you will be in the mood to do some wandering in this nature park. Plus, there are bike repair stations for minor upkeep and maintenance. There are also restrooms and water fountains near the parking area.

The trails are shaded but have no rest areas or water fountains, so bring good shoes, water, and snacks. Watch out for rocks and roots that can be tripping hazards; you can also stick to the paved paths near the parking area if balance is a concern. Lighting is limited in the area, so it is best to visit while the sun is up.

There is no public transportation near this park, so you will want to use your own car to get there, or perhaps carpool with a friend or family member for a fun day in nature.

Do not forget to enjoy the lovely view of Clinton Lake while you are there!

Things you may want to pack for a trip to Overlook Park:

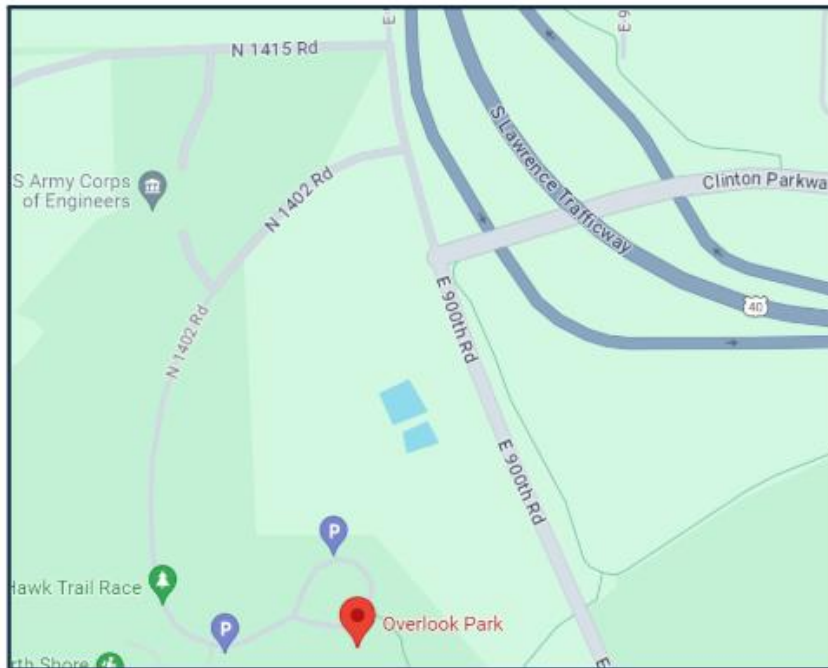
- Good walking shoes that you do not mind getting dirty if you run into muddy spots along the trails
- A phone to take a picture of the map
- Bug spray
- Sunscreen
- Snacks
- Water

More information: <https://www.recreation.gov/camping/campgrounds/233577?tab=info>

Overlook Park by Clinton Lake

800 N. 1402 Rd Lawrence, KS 66049

****See red pin for location****





Lawrence Nature Park

201 N Folks Rd LAWRENCE, KS 66049

This is a hidden gem that is worth exploring. If you are heading north on E 1100 Rd, you will find it on your left. It has free parking, though the parking lot is small, and there is no public transportation nearby.

There are no restrooms or water fountains, so prepare with that in mind. There is a bench at the trailhead and one or two sparse benches along the trail, so resting areas are extremely limited. The park is densely wooded, providing lots of shade, but also plenty of bugs, so bug spray is a convenient item to bring along. Also, please note that this area has no lighting, so it is best to visit while the sun is up.

The dirt trails offer a variety of distances, marked with color-coded trees and maps posted along the way to guide you. Watch out for tripping hazards like roots, rocks, and uneven ground, and wear shoes you do not mind getting dirty, as there are some muddy spots.

The hike is gentle and makes you feel like you have escaped the city. The natural sounds of creaking trees, rustling leaves, and singing birds are a treat, so consider leaving the headphones at home. Enjoy the beautiful scenery and the peaceful, tucked-away feeling of this lovely park.

Things you may want to pack for a visit to Lawrence nature park:

- Good walking shoes that you are okay with getting a bit dirty if you run into muddy spots in the trails
- Bug spray
- Sunscreen
- Snacks
- Water

More information:

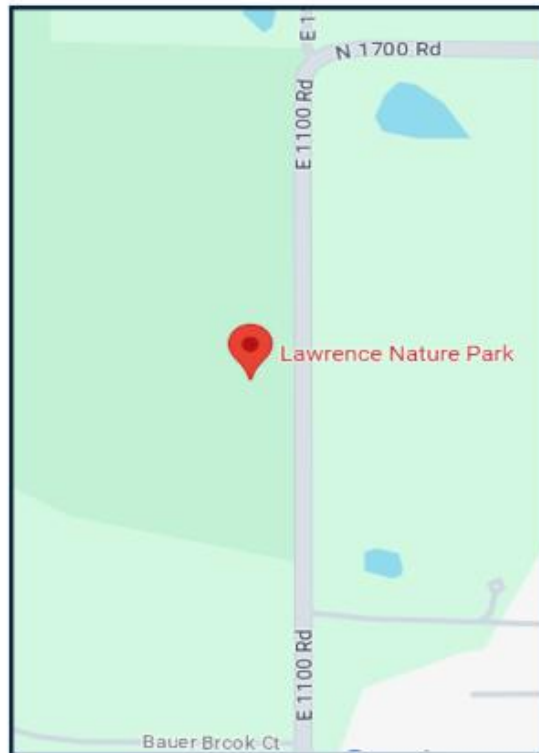
<https://flatks.org/get-out-there-lawrence-nature-park/>

<https://lawrenceks.org/lprd/parks/kansaslandtrust/>

Lawrence Nature Park

201 N Folks Rd LAWRENCE, KS 66049

****See red Pin for Location****



Buford M. Watson Park

727 Kentucky St, Lawrence, KS 66044

This is a great spot near downtown Lawrence if you want to do some walking that is not too strenuous or does not require a large time commitment. You can park at the Vermont Parking Garage nearby (725 Vermont St), which offers 2-hour free parking. There is also street parking available, and public transportation serves the area.

This well-kept inner-city park has shaded areas, sitting areas, a shelter, and trashcans to keep it clean. The park is easily accessible with crosswalks and stoplights. Keep in mind that there are no restrooms or water fountains.

The park features paved paths with no major tripping hazards, making it a safe choice for walking or jogging. However, it does not have good lighting in the evening, so it is best to visit during daylight hours.

Lastly, it is located near the Lawrence Outdoor Aquatic Center and Constant Park, so this area is worth exploring!

Things you may want to pack for a visit to Buford M. Watson Park:

Since this park is small and in an urban area, you do not need to prepare too much. But, if you are planning on spending time exploring the vicinity, consider the following items:

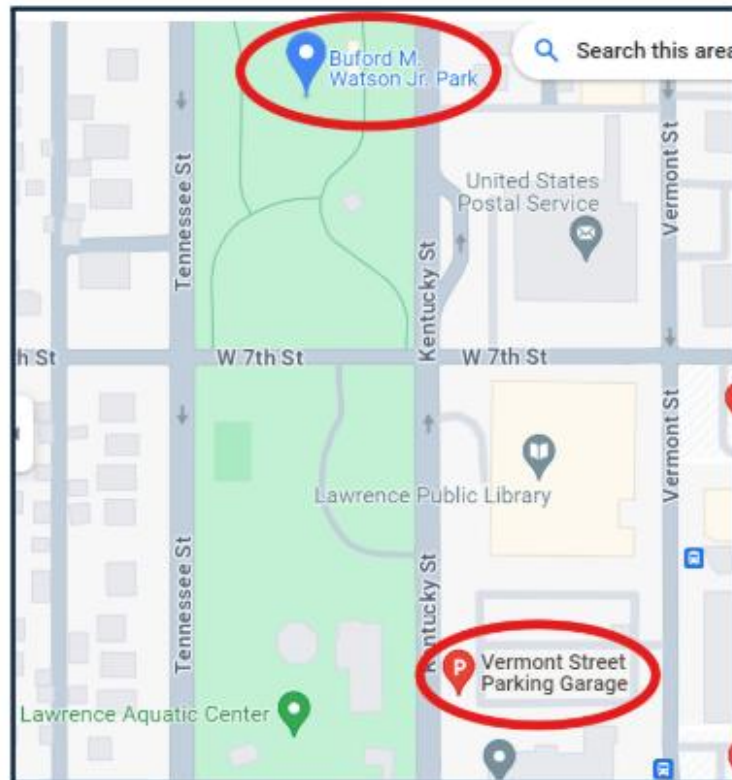
- Good walking shoes
- Sunscreen
- Water
- Snacks

More information: <https://lawrenceks.org/lprd/parks/watsonpark/>

Buford M. Watson Park

727 Kentucky St, Lawrence, KS 66044

Location of park and parking garage circled in red



Burcham Park

By KU Boathouse (see image below for red pin showing specific location)

Burcham Park has a long, unobstructed paved path by the Kansas River. The address itself is a bit vague, so the suggestion is to GPS to the KU Boathouse, and you will see a parking lot before arriving at the boathouse. This parking is free. There is no public transportation nearby.

Near the parking area there is a swing set. The park is well-maintained and there are trees on the path to provide some shade, but some areas are very exposed to the sun, so bring along some sunscreen! Along the path, you will find some seating areas if you need a break or just want to enjoy the view. There are no restrooms, but there is one portable toilet in the parking lot. Also, there are no water fountains. Lighting is limited, so try to visit during daylight hours. Also, there are not many trashcans, so if you bring snacks and you end up with any wrappers, these will have to be properly disposed in a trashcan elsewhere.

This is a great place for a walk, jog, or bike ride!

Things you may want to pack for a visit to Burcham Park:

- Good walking shoes
- Bug spray
- Sunscreen
- Snacks
- Water

More information: <https://lawrenceks.org/lprd/parks/burchampark/>

Burcham Park

By KU Boathouse (see image below for red pin showing specific location)



Rock Chalk Park

To get to the area, GPS Sports Pavilion Lawrence at: 100 Rock Chalk Lane
Lawrence, KS 66049

This is a great spot for walkers and joggers of all levels. Located by the Sports Pavilion Lawrence, it has a large, free parking lot and crosswalks in an area without heavy traffic to get around the park safely.

The park features a large, paved walking path around the parking lot with some open green spaces, and a dirt path connects the parking lot to the Sports Pavilion. If you get deeper into the unpaved paths, you may encounter more tripping hazards such as rocks, roots, some steep areas, or muddy spots. There is a mix of shaded areas and some more exposed to the sun.

While there's not much nighttime lighting except in the parking lot, and there are no resting areas, restrooms, or water fountains along the trails, it is still a fantastic place to get moving. Enjoy the spacious and pleasant paths at Rock Chalk Park!

Things you may want to pack for a visit to Burcham Park:

- Good walking shoes that you do not mind getting dirty if you get into the unpaved trails
- Bug spray
- Sunscreen
- Snacks
- Water

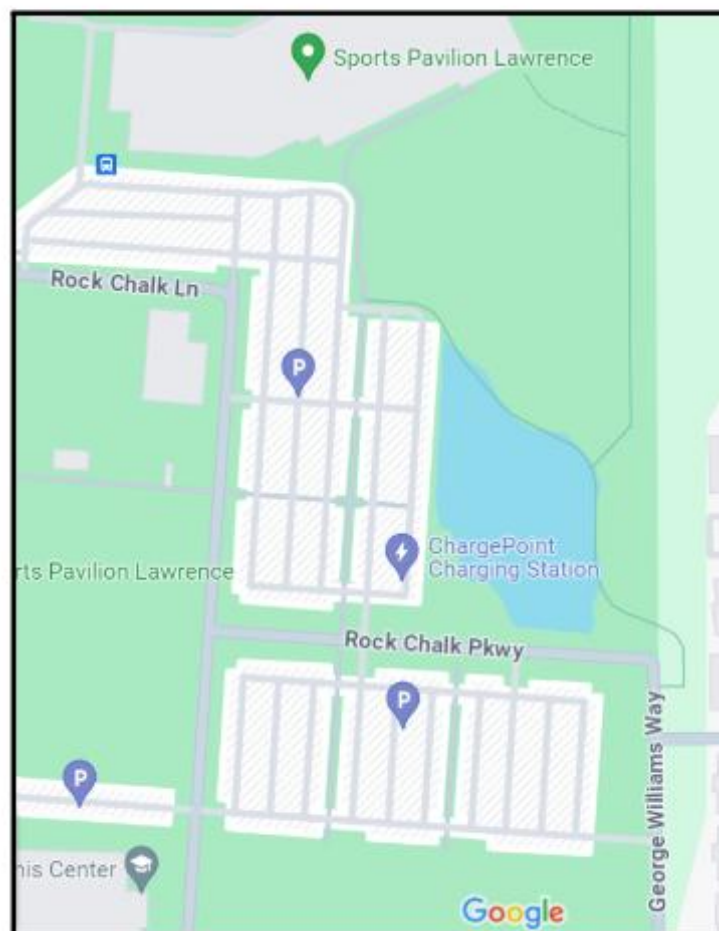
More Information:

<https://www.explorelawrence.com/listing/sports-pavilion-lawrence/3009/>

Rock Chalk Park

To get to the area, go to Sports Pavilion Lawrence at: 100
Rock Chalk Lane Lawrence, KS 66049

General area around parking lot has paved paths and
there are connecting trails





Prairie Park & Mary's Lake

2730 Harper St, Lawrence, KS 66046 (parking and location of nature center)

2811 S Kensington Rd, Lawrence, KS 66046 (More parking)

Prairie Park is a fantastic spot to explore, especially if you are looking for a nature area with some winding trails. The paths are mostly paved, but you will run into a few dirt trails there. One of the highlights is Mary's Lake, which you will likely pass by on your walk.

The trails do have lots of twists and turns, but there are signs along the way to keep you on track. With all the trees around, there is also plenty of shade, making it a great place to escape the sun.

If you are planning to stay a while, there are shelters where you can have a picnic or just sit and enjoy the scenery. Plus, there is lots of free parking, so no need to worry about finding a spot.

You might want to visit the Prairie Park Nature Center while you are there! It has some nature-themed exhibits that are worth checking out. There are also restrooms available. The Prairie Park Nature Center is open from Tuesday to Saturday, 9am to 5pm.

Things you may want to pack for a visit to prairie Park & Mary's Lake:

- Good walking shoes that you do not mind getting dirty if you get into the unpaved trails
- Bug spray
- Sunscreen
- Snacks
- Water

More Information:

Prairie Park: <https://lawrenceks.org/lprd/parks/prairiepark/>

Prairie Park Nature Center: <https://lawrenceks.org/lprd/ppnc/>

Prairie Park and Mary's Lake

**2730 Harper St, Lawrence, KS 66046 (parking and
location of nature center)**

**2811 S Kensington Rd, Lawrence, KS 66046 (More
parking)**

