

IMPACT

University of Idaho
Extension

Idaho County, 208.983.2667, Fax: 208.983.0251
320 W. Main, Courthouse Room 3
Grangeville, ID 83530

Focus groups provide feedback on “Kick Your Bootcamp” fitness program

The Situation

Physical activity is a key component for good health and has the potential to decrease the risk of developing a large number of chronic diseases. Suggestions from the 2007 Physical Activity and Public Health: Updated Recommendations for Adults from the American Heart Association indicate that people should expend in the region of 200 calories on a daily basis on physical activities to maintain health.

Even with the benefits of physical activity being widely known and well documented, many people remain insufficiently active to achieve health benefits. This lack of physical activity is one component of the obesity epidemic in the United States. Adult men in the nation measured in at 32.2% obese, and adult women at 35.5%. In Idaho, the prevalence of overweight adults has increased significantly in the past decade, from 55.7% in 2000, to 61.3% in 2009, with one-in four (25.1%) adults listed as obese (*Idaho Department of Health and Welfare, 2010*). Healthy People 2020 has objectives to increase the amount of physical activity performed by all Americans.

Our Response

To address the overweight/obesity epidemic, not only affecting the nation but also affecting residents of Idaho County, a fitness program—“Kick Your Bootcamp” was developed in 2009, and is continuing to be successful into the completion of the fourth year. Classes include nutritional education; and exercises focused on cardiovascular endurance, core strength, agility and movement speed, balance and flexibility, muscular strength and muscular endurance.

Due to the continued success and high participation rates, the program went from offering a three-month



2012 Winter Kick Your Bootcamp Graduates.

summer session to three, three-month sessions that are offered throughout the year. The three-month sessions are offered January thru March, June thru August, and October thru December.

All participants (new and on-going) undergo a fitness assessment at the beginning and end of each three-month session to document health outcomes. The fitness assessment includes the following measurements: weight, body fat percentage, body mass index, recovery heart rate, body circumference measurements, muscular endurance, muscular strength, and vertical jump.

Program Outcomes

Due to the continuing success of “Kick Your Bootcamp,” focus groups were created to assess participants’ motivation to help ensure sustainability in the years to come.

Participants range in age from 18-65. Both men and women participate on a regular basis, with class numbers ranging from 8-25 per session.

The following questions were distributed to participants, and a summary of responses is provided:

1. What health benefit(s) do you feel you have obtained the most from attending Kick Your Bootcamp (KYB)?
 - Emotionally, I feel happy to have a group of committed, caring adults with whom to work out with every week. Physically, my core and upper body strength are greater than they have ever been because of KYB.
 - Strength, balance and a sense of well-being.
 - Attending KYB has increased my flexibility and strength, providing an unexpected result of chronic pain in my shoulders and hips being reduced.
2. What components of KYB are most challenging physically for you?
 - Jumping, impact exercises (sprints, hurdles, hills, stairs), push-ups
3. What components of KYB are most challenging mentally for you?
 - Pushing myself when my body is maxed. Sometimes it's hard to balance wanting to be part of the group (accepted) and wanting to push myself beyond the group's limits.
 - My age and comparing myself to others.
 - Participation started out for my benefit. Some mornings it was difficult to get going and soon participation became being part of the team. If I stayed in bed, I would let the team down.
4. How do you feel KYB has affected or could affect members of our community?
 - KYB can affect members of our community by empowering everyone to exercise and take an active role in their own health and wellness.
 - KYB is a unique way to exercise and have fun with others in a group. I've made friends that I wouldn't have met otherwise in our small community.
5. How do you think a program like KYB could be more/less beneficial compared to a different type of exercise program?
 - More beneficial because it is geared to both genders.
 - I like the huge variation in routine – never boring, intensity level, and mix of core, strength and endurance exercises.
 - Weight loss and significant strength improvements
 - More beneficial because it is geared to both genders.

- I like the huge variation in routine – never boring, intensity level, and mix of core, strength and endurance exercises.
 - Weight loss and significant strength improvements
 - The regular participants are enthusiastic about the program and results, they recruit others in the community to join.
 - A variety of abilities and age ranges can participate and function well in this format of fitness program. The outdoor session during the warmer months is very appealing to residents of all ages.
 - Individuals of all fitness levels can participate – we are encouraged to do as much as we can and improvement in physical condition becomes evident in just a few short weeks.
6. What changes – additions/deletions do you feel could be made to make KYB a more successful and sustainable program in our community?
 - Pushing myself when my body is maxed. Sometimes it's hard to balance wanting to be part of the group (accepted) and wanting to push myself beyond the group's limits.
 - My age and comparing myself to others.
 - Eliminate the 4-6 week gaps between sessions.
 - Consider a "beginner" KYB.

By utilizing the focus group method to obtain a greater understanding of the motivation behind "Kick Your Bootcamp," the program will sustain and hopefully be disseminated to other counties throughout Idaho, and eventually become a multi-state program.

FOR MORE INFORMATION

Kirstin Jensen, Extension Educator
University of Idaho Extension, Idaho County
320 West Main, Courthouse Room 3
Grangeville, ID 83530
Phone: 208.983.2667; Fax: 208.983.0251
E-mail: kdjensen@uidaho.edu