

Active Living Every Day

Active Living Every Day (ALED) is an educational program that offers people strategies for incorporating physical activity into their lifestyle. The program was developed by researchers at The Cooper Institute. In a series of workshops, participants learn behavioral skills—such as goal-setting and time management—that will help them become more physically active. They use the information discussed in the workshops and accompanying text to develop an individualized exercise regimen. Activities are performed outside the group setting.

Selected Studies at a Glance

Author, Year	Design	Participants	Outcomes
Dunn AL, Marcus BH, Kampert JB, et al. (1999)	RCT comparing lifestyle physical activity program with traditional structured exercise program Outcomes assessed at 6 and 24 months	235 sedentary but healthy participants	Outcomes comparable for both groups: ↑ physical activity and cardiorespiratory fitness ↓ systolic and diastolic blood pressure ↓ percentage body fat
Callahan LF, Mielenz T, Schreffler J, et al. (2006)	RCT Outcomes assessed at 20 weeks, 6 months, and 12 months	354 participants with arthritis from urban and rural communities	↑ physical activity levels ↑ aerobic endurance, walking speed, strength ↓ disability No adverse effects reported
Callahan LF, Schoster B, Hootman J, et al. (2007)	Individual telephone interviews with subset of RCT participants Group interview with instructors	30 participants who attended at least 50% of classes	Course components reported particularly helpful: Encouragement to exercise incrementally Social support from other adults with arthritis Both instructors and participants found program appropriate for people with arthritis
Wilcox S, Dowda M, Leviton LC, et al. (2008)	4-year pre-post quasi-experimental design Evaluation of 6-month telephone-based Active Choices and 20-week ALED	2,503 Active Choices participants 3,388 ALED participants Ethnically and economically diverse sample representing range of conditions among older adults	Outcomes for both programs: ↑ moderate-to-vigorous physical activity, total physical activity ↑ satisfaction with body appearance and function ↓ body mass index ↓ depression, stress over time with ALED

Selected References

Dunn AL, Marcus BH, Kampert JB, Garcia ME, Kohl HW 3rd, Blair SN. Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: a randomized trial. *JAMA*. 1999;281(4):327–334. PMID: 9929085.

Callahan LF, Mielenz T, Schreffler J, Donahue K, Hootman JM, Brady T. A randomized controlled trial (RCT) of Active Living Every Day (ALED) in individuals with arthritis. *Arthritis and Rheumatism*. 2006;54 (9):S816–817.

Callahan LF, Schoster B, Hootman J, Brady T, Sally L, Donahue K, Mielenz T, Buysse K. Modifications to the Active Living Every Day (ALED) course for adults with arthritis. *Preventing Chronic Disease*. 2007;4(3):A58. PMID: 17572962.

Wilcox S, Dowda M, Leviton LC, Bartlett-Prescott J, Bazzarre T, Campbell-Voytal K, Carpenter RA, Castro CM, Dowdy D, Dunn AL, Griffin SF, Guerra M, King AC, Ory MG, Rheume C, Tobnick J, Wegley S. Active for Life: final results from the translation of two physical activity programs. *American Journal of Preventive Medicine*. 2008;35(4): 340–351. PMID: 18779028.

