

Active Living Every Day (ALED)

What is it?

- ALED is a group exercise program geared toward encouraging sedentary or insufficiently active people to become and stay physically active. The program was developed by researchers at The Cooper Institute. It is disseminated by Active Living Partners, a division of Human Kinetics.
- Both 14- and 20-week versions of the program are available. Participants meet for hour-long weekly workshops. They learn behavioral skills that can help them overcome barriers to exercise and develop a plan for incorporating physical activity into their daily lives. As a group, they explore topics such as setting goals, creating an action plan, and managing their time.
- Participants use the information discussed in the workshops and accompanying text to make personal decisions about the type, frequency, intensity, and amount of physical activity suitable for them.
- Activities are performed outside of the group setting. Tools and resources to track progress and supplement group sessions are provided online.
- Workshop facilitators complete a 2-day online or in-person training and pass a competency exam before they begin leading classes.

Who is it for?

- ALED is designed for less active people who want to increase their physical activity levels.
- It was originally developed for the general population but has been studied for people with arthritis and other chronic diseases.

What are the benefits?

- In the general community, evidence suggests that ALED can be as effective as a structured exercise program in increasing physical activity levels and improving cardiovascular fitness (including lowering blood pressure). Participants also report feeling less depressed and less stressed.
- Preliminary research on ALED among people with arthritis is positive. Participants have reported increased physical activity and physical function after completing the course, with no safety concerns.
- People with arthritis cited the opportunity to engage in low-impact activities in a step-by-step fashion and the social support of the group setting as important aspects of ALED.

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For More Information

- Active Living Partners (Human Kinetics)
www.activeliving.info
- Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions/physical_activity.htm

Contact

References

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