Randomized Consent Study Design

Based on Zelen. N Eng J Med 1979

49,936 WHI participants were randomized

Eligible based on existing data*

no

Follow, per original protocol

yes

Randomize

Control

Follow, per original protocol

Intervention

Follow, per original protocol

Passive Consent

(opt out) no

Follow, per original protocol

*Inclusion:
- Alive, WHI Extension Study consent
- CV Outcomes available
  Medical Records Cohort or CMS, i.e. linkage to Medicare

*Exclusions:
- dementia
- living in a nursing home
- self-reported inability to walk

Primary Outcomes: major CV events (MI, Stroke, CV Death)

Physical Activity (Go4Life®) Intervention
Mailings ± IVR** (automated phone system), Website, Email, etc.+ live advisor, PRN

** Call out feature of Interactive Voice Response System

"Physical Activity Study” Consent
Winter 2017

WHISH Resources For You

Check out the physical activity resources on our website (whish.org)! We want to make it easy for you to find a local gym, hiking trail, senior center (with exercise classes), swimming pool, or workout videos you can do in the comfort of your home. Several WHISH women have shared how they stay active with local, state-wide and national resources. Do we have your local resources on our website? Please let us know!

1. SHIRLEY B., 82, Scottsdale, AZ After retirement, Shirley moved to Arizona where she decided to get back to exercising. She found a nearby senior center that offered aerobics and weight lifting classes. She has been focusing on weight training for 15 years. Her goal is to do muscle strengthening exercises three days a week which is helpful for her arthritis and bones. Shirley wants women with these concerns not to be afraid to try lifting light weights. She encourages other WHISH women to stay active to be healthy and enjoy each day.

2. SALLY R., 71, East Moline, IL Sally uses the paddling machine with an exercise regime from the Mayo Clinic. This device allows her to activate her legs while reading at home.

3. FRAN, 78, Skokie, IL Fran goes to her local YMCA for two strength classes per week and swims laps in the pool six days a week! She says swimming is “my first sport and love since 1942.”

Strength Training

Winter is the perfect time to focus on muscle strengthening especially if you live in a cold climate. You can do these activities indoors! We have enclosed a WHISH resistance band and sample exercises (see insert) to strengthen your upper- and lower-body in the comfort of your own home! Here are other WHISH women doing strength training activities around the country.

1. LEONA S., 87, Olympia Fields, IL Leona lives in a retirement community that offers many activities and classes, including a strength and balance class that she attends two times a week. She enjoys using resistance bands because they can be modified to her ability. She’s been seeing and enjoying the results!

2. RACHEL M., 86, Tucson, AZ Rachel lifts soup cans as part of her upper-body strength exercises! Can you?

3. JOANIE W., 76, Columbus, OH Joanie lifts weights in her gym, strengthening her muscles and protecting her bones.

4. SUSAN G., 73, Winnemucca, NV “I try to get exercise every day in my normal activities. In the picture, I am hauling bags of clothes (weighing 15-25 lbs each) from point A to point B. This is part of my volunteer job at a thrift shop.”

Have You Returned Your WHI Forms?

Please Return Your Survey!
# Resistance Bands

Some important tips include:

- Try all exercises without the resistance band to practice the movement with correct posture.
- For all exercises, sit toward the front of a sturdy chair with correct posture.
- Do 8 to 15 repetitions twice for each exercise. To make it more difficult, tighten the band.
- Hold the band tightly, or securely wrapped around your hand or under your foot.
- Keep movements smooth and steady. Take 3 seconds to return to starting position.
- For more information on building strength see pages 40-44, go to whish.org, or talk with your personal trainer or physical therapist.
- WHISH bands contain latex.

Stop any exercise if you feel pain!

**EXERCISES with WHISH**

Principal Investigator, Dr. Marcia Stefanick

- **Scapula Squeeze**
  - Step 1: Sitting with correct posture, hold the band in each hand with your palm side up. Gently squeeze your shoulder blades back and down.
  - Step 2: While holding the shoulder blade, squeeze, pull your hands away from each other while keeping your elbows by your sides. Then return to the starting position.

  *See page 72 for another way to improve posture*

- **Arm Curl**
  - **Step 1:** Sit with correct posture. Place the band under your feet and hold on to each end.
  - **Step 2:** Slowly pull the band up towards your chest as much as possible and then return to the starting position.

  *See page 51 for more detail*

- **Ankle Flexion**
  - **Step 1:** Sit with correct posture. Place the band around the ball of your foot, hold the ends of the band, and point your toes towards your shin.
  - **Step 2:** Slowly point toes away from you. Then return to the starting position.

  *See page 79 for modifications*

- **Chair Squat**
  - **Step 1:** Sit with correct posture. Place the band under your feet and hold on to each end.
  - **Step 2:** Slowly move to a full standing position and return back to a seated position.

  *Knees and nose do not go past toes*

*Additional Exercises: Seated Row (page 52), Buddy Stretch (page 89)*
3108 reported their Physical Activity level had increased since WHISH started. How? [Mark all that apply]

- Walking more
- Sitting less
- Upper Body*
- Balance
- Lower Body*
- Flexibility
- Aerobic activity
- Walking faster
- Other

*strengthening exercises