



# Health Outcomes

## Activempowerment

The table below shows the average health outcomes from 45 participants that have completed at least one phase (8 weeks) of the Lift for Life® program with Activempowerment since March 2014.

		% Change in 8weeks (Bronze phase)	% Change in 16weeks (Silver phase)
Aerobic capacity (6MWT or 2MST)	↑	19.0%	27.8%
Lower body Strength (Chair Stand)	↑	58.8%	92.9%
Upper body Strength (Arm Curl)	↑	42.9%	108.6%
Agility (8-foot up & go)	↑	17.1%	33.6%

### Demographic Breakdown

Total number initially assessed	46
Average age	67
Males	30%
Females	70%
Males at risk of chronic conditions^	69%
Females at risk chronic conditions^	97%
Total at risk chronic conditions	83%
Not in the paid workforce	11%

^ At risk (Waist Circumference M > 94cm & F > 80cm)

