

Bingocize®

WHAT IS IT?

Bingocize® combines exercise and health information with the familiar game of bingo, offering a fun and engaging way to stay active and socialize. The program is designed to be played twice a week on nonconsecutive days, with each session typically lasting 45-60 minutes. These workshops can be tailored to the specific physical and cognitive abilities of your group of participants. Several curriculum topics are available, including exercise only, falls prevention, and nutrition. **Bingocize®** can be conducted either remotely or in a traditional face-to-face setting. Participants, known as Bingocizers, engage in a series of strategically inserted exercises designed to vary in intensity and volume. Health education questions are also integrated into the game. The pattern is as follows:

- Participants rest while bingo numbers are called.
- They complete strategically inserted exercises or answer health education questions.
- Participants rest again during the number calling.
- This cycle continues until a Bingocizer wins the game, and additional games are played until all planned exercises are completed.

WHO IS IT FOR?

The program targets sedentary older adults at all ability levels in a variety of settings, including certified nursing facilities, assisted living, independent living, and community centers.

WHAT DOES IT DO?

The overall goals of the **Bingocize®** program are to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors, and engage in social settings. A significant barrier to improving the health and well-being of sedentary older adults is getting them to adhere to an exercise-based health promotion program. Older adults enjoy and are more likely to participate in programs that are game-centered, interactive, and socially engaging. The program's research and evaluation outcomes include improved upper and lower body strength, enhanced health knowledge on fall risk and osteoarthritis, indicating the program's effectiveness in improving health knowledge, with or without the exercise component, significantly increased health activation values from pre- to post-intervention, improved gait performance associated with fall risk, showing significant improvements in fast walking speed, ambulation time, and step length.

HOW TO DISCUSS WITH PATIENTS

When discussing Bingocize with your patients, you can emphasize how the program not only enhances physical activity but also provides valuable information on fall prevention or nutrition, depending on the specific curriculum being used. Make sure to convey your enthusiasm about the program's benefits and reassure patients that many others have seen significant improvements. Encourage them to actively participate and return with insights and questions, so you can better support their journey and adjust their treatment plans accordingly. Emphasize that the program is both safe and enjoyable. Encourage patients to bring a friend, family member, or caregiver to attend with them. This can help involve others in addressing their needs, concerns, and motivations. Promote the program as a way to connect with others who share similar concerns. Emphasize the opportunity for peer support, sharing experiences, and building a support network. Explain how the skills and knowledge gained can directly benefit their daily routine and overall well-being.



What participants say:

- **92% feel more satisfied with life**
- **92% would recommend this program to a friend or family member**
- **93% were satisfied with the quality of the program**
- **93% were satisfied with the leader(s) of the program**



To make a referral or register for an upcoming workshop, visit healthylivingforme.org