**The following anthropometric and health indicators will be measured for each individual (respondent) involved in the intervention.**

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| **MEASUREMENT** | **APPROACH** |
| 1. **Waist Circumference**
 | *As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009* |
| 1. **Weight**
 | *As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009* |
| 1. **Height**
 | *As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009* |
| 1. **Blood Pressure**
 | *Measured using a sphygmomanometer* |
| 1. **Body Fat Percentage**
 | *As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009* |
| 1. **Flexibility**
 | *Measured using the Sit and Reach test, YMCA Fitness Testing and Assessment Manual, 4th edition, 2000, 60606* |
| 1. **Balance/Fall-risk**
 | *Measured using the 8 ft up and go test. Rose DJ, Jones CJ, Lucchese N. Predicting the probability of falls in community-residing older adults using the 8-foot up and go: A new measure of functional mobility. J Aging Phys Activity. 2002:10:466-75* |
| 1. **Cardiovascular Step Test**
 | *Measured using the YMCA Step Test Protocol. Discussed in Hyde CL. Fitness Instructor Training Guide, Fourth Edition. American Association for Active Lifestyles and Fitness. 2002* |