



### **Program Description**

Bingocize® is a 10-week, evidence-based health promotion program that combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get seniors moving and socializing.

### **Program Goals**

- Improve and/or maintain mobility and independence
- Learn and use health information focused on falls reduction and other health-related behaviors
- Engage older adults in social settings

### **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 senior centers.

### **Health outcomes**

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved aspects of cognition (executive function)
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics
- Improved patient activation



### **We have three modules from which to choose (also available in Spanish)**

- Exercise Only OR
- Falls Prevention OR
- Nutrition



**Duration of the Program:** Participants play Bingocize® for one hour 2 times per week for 10 weeks OR the program can be even more beneficial if played on an ongoing basis.

**Program delivery:** Bingocize® can be implemented remotely or in a traditional face-to-face setting.

**Recommended Class Size:** 8-20; >20 requires two certified leaders.

### **How to discuss with patients**

Many older adults report that traditional exercise programs are not enjoyable, leading to inactivity and related health issues. Bingocize® offers a unique solution that mixes exercise, health education, and bingo to help overcome health problems in participants across the entire spectrum of care. It's completely adaptable for all types of facilities and is beneficial for all ranges of physical and mental ability. Evidence shows social, cognitive, and physical improvements from doing Bingocize®, and the best part is that it's fun and affordable!