



PUBLIC PERFORMANCE SURVEYS



SURVEY RESPONDENTS provided information regarding participant performance and general feedback of Geri-Fit strength training programs that were held at their sites.

32 sites participated in the public performance survey.

31 sites were public libraries. **1** site was a senior center. **29** of the sites had patrons who participated in a Geri-Fit user study.



100%

REPORTED SEEING IMPROVEMENT IN PARTICIPANTS OVER THE 12 WEEK PROGRAM

97%

SAID THAT PARTICIPANTS SEEMED TO ENJOY WORKING OUT TO THE GERI-FIT DVD

4.4 / 5

WAS THE AVERAGE RATING FOR THE MANNER IN WHICH THE STUDY WAS CONDUCTED

4.6 / 5

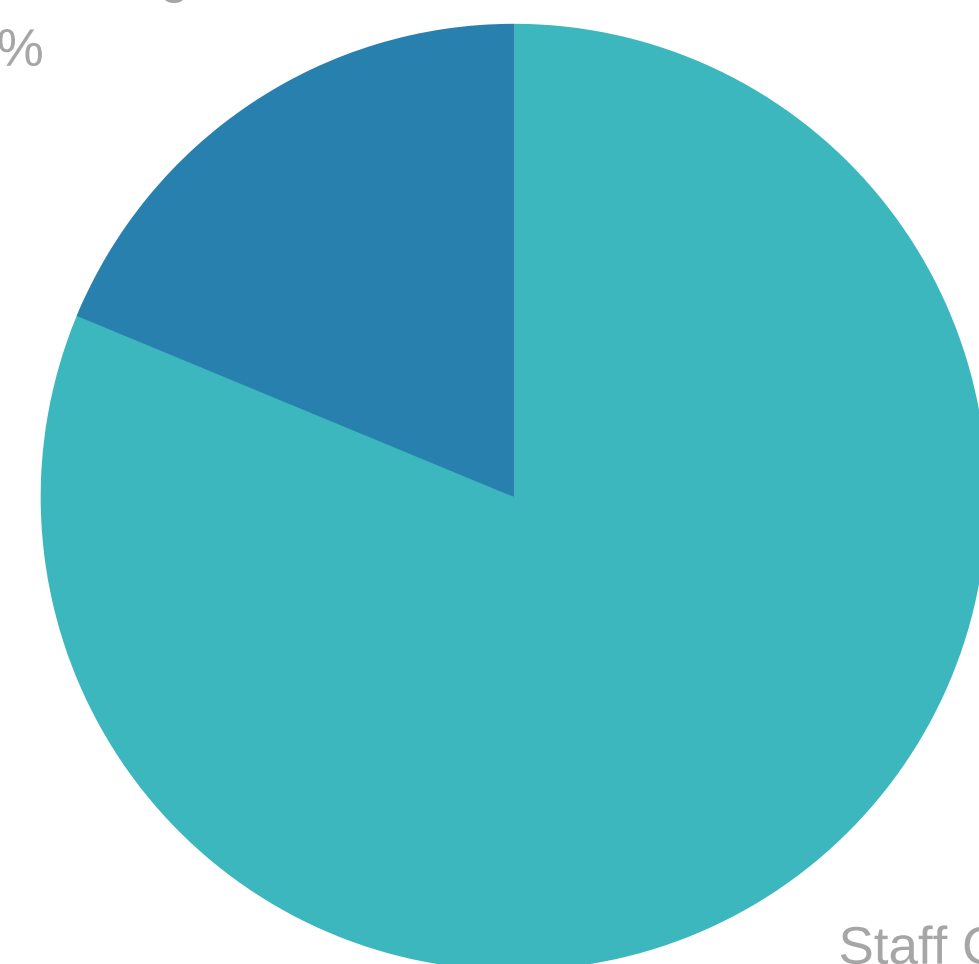
WAS THE AVERAGE RATING FOR EASE OF USE IN OBTAINING INFORMATION ABOUT THE STUDY (HANDOUTS, FORMS, MARKETING)

81%

OF SITES REPORTED THAT AT LEAST ONE OF THEIR STAFF MEMBERS PARTICIPATED IN THE GERI-FIT COACH TRAINING PROGRAM.

Those same sites reported that their staff member(s) found the coach training to be valuable in preparing them to oversee participants in the Geri-Fit study.

No Coach Training
18.8%



Staff Coach Training
81.3%

PRESS RELEASE AND MARKETING MATERIALS

Participating sites were provided with a press release and marketing materials for their Geri-Fit program.

The performance survey collected some information regarding the effectiveness and use of the provided materials.

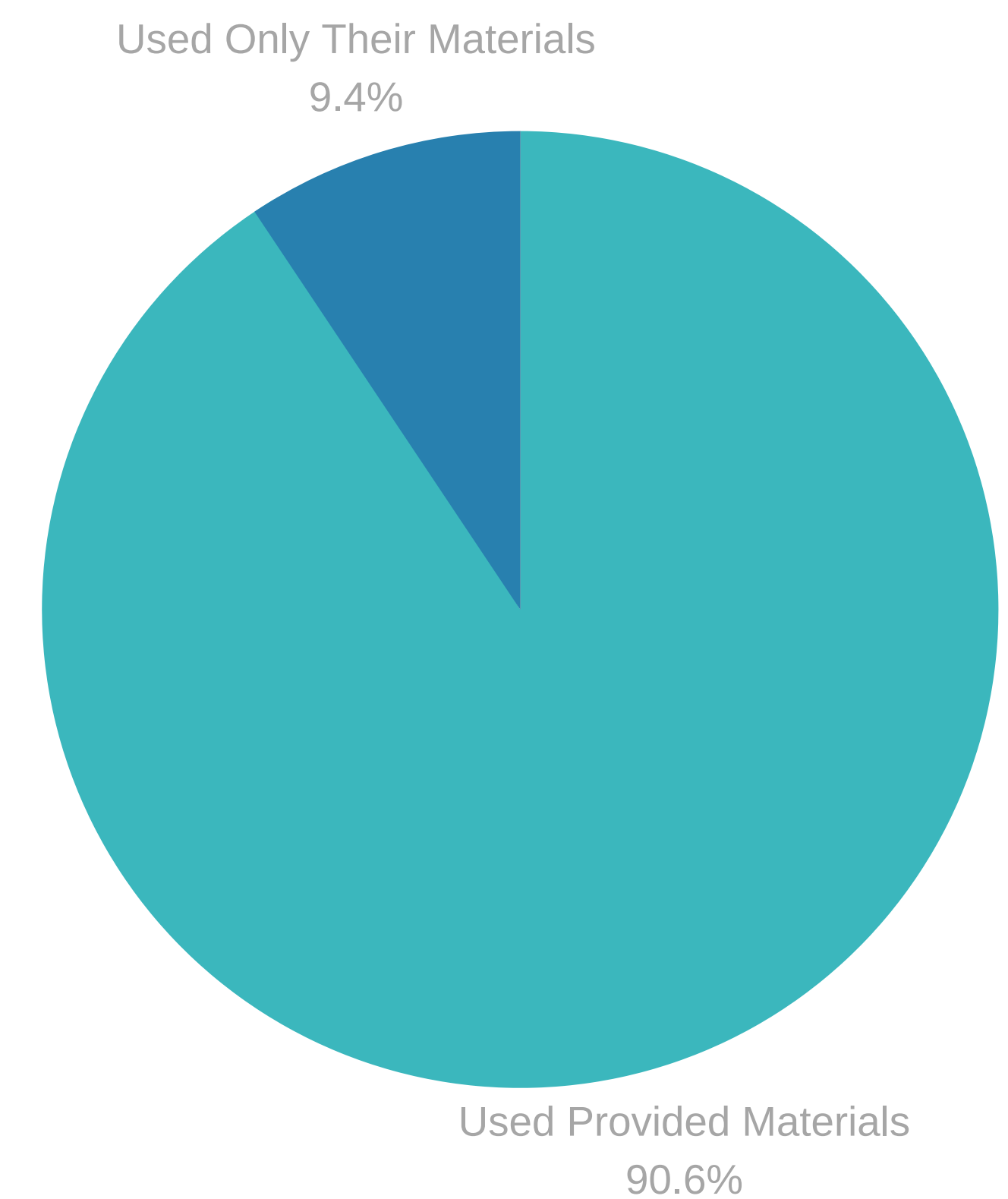
29 SITES

USED THE PROVIDED MATERIALS

3 SITES

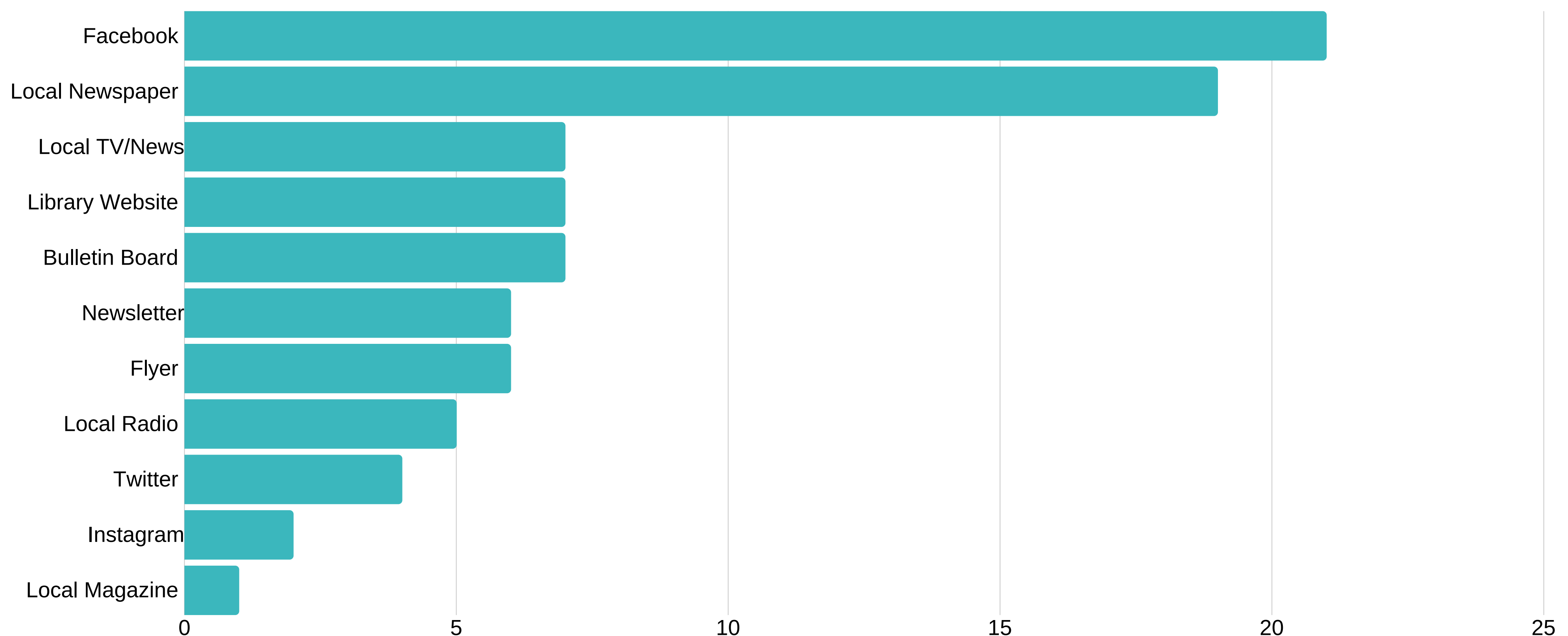
USED ONLY THEIR OWN MATERIALS

Reasons for not using the provided materials included library marketing policy, not receiving the provided materials, and that the provided materials appeared dated.



RESPONDENTS GAVE AN AVERAGE RATING OF MARKETING EFFECTIVENESS AS **4 OUT OF 5**

MEDIA USED TO MARKET PROGRAM

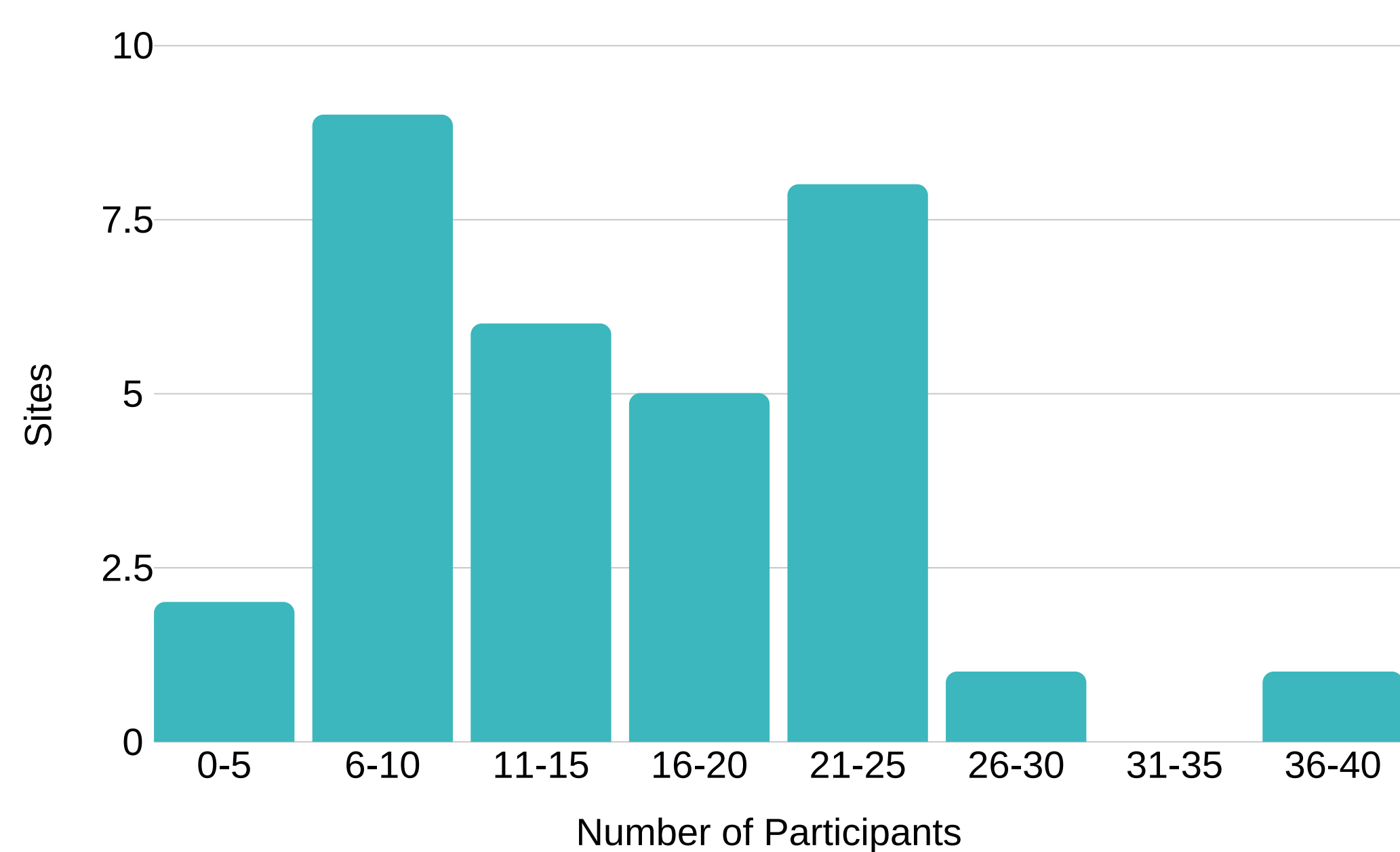


GERI-FIT PROGRAM PARTICIPATION

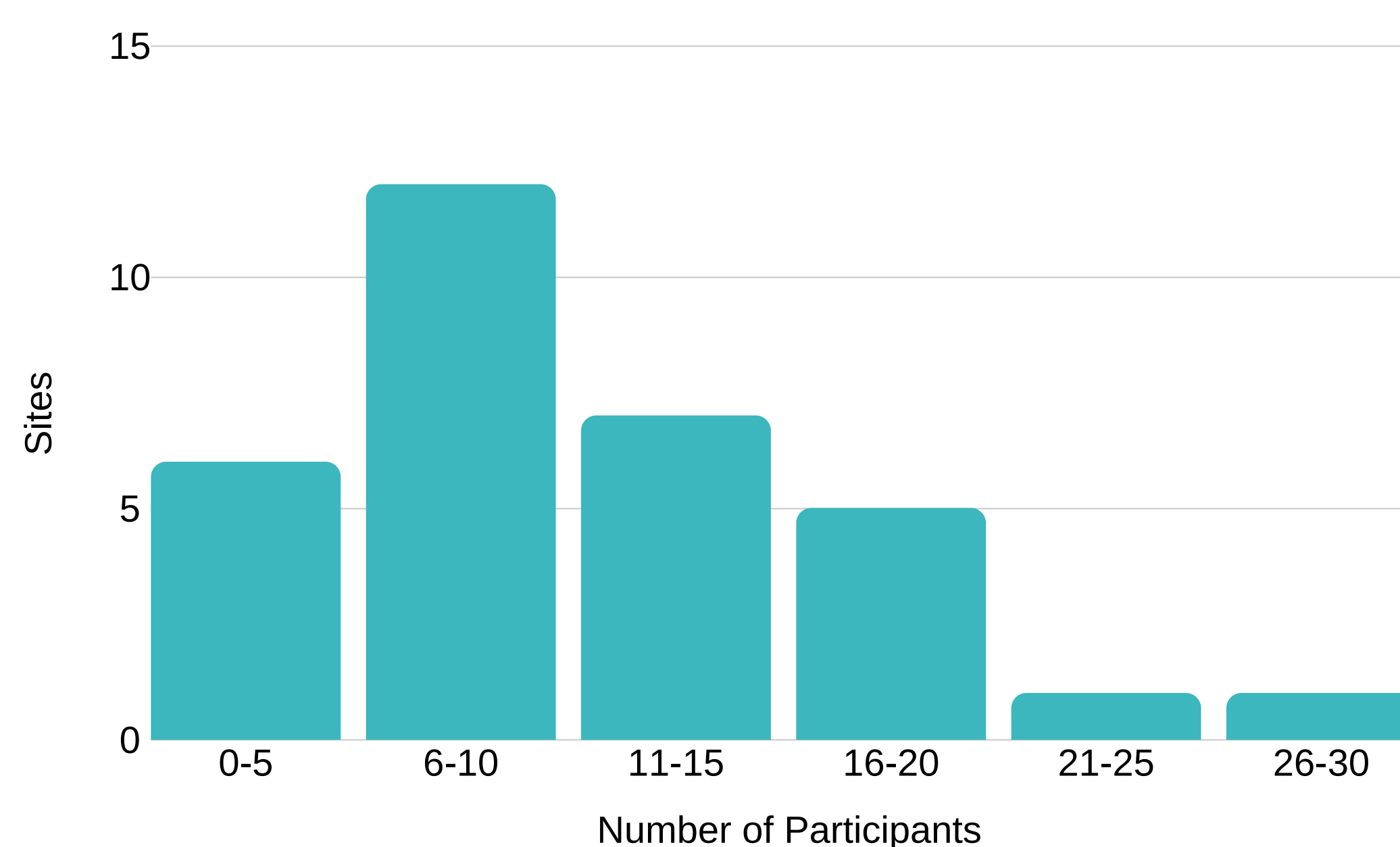
The Geri-Fit study conducted was a 12 week program.

Survey respondents were asked to report on participation and supplementary materials used by participants during the study.

NUMBER OF PARTICIPANTS ON FIRST DAY OF PROGRAM



APPROX. NUMBER OF PARTICIPANTS WHO COMPLETED ALL 12 WEEKS



50% OF SITES

REPORTED HAVING PARTICIPANTS WITH DISABILITIES

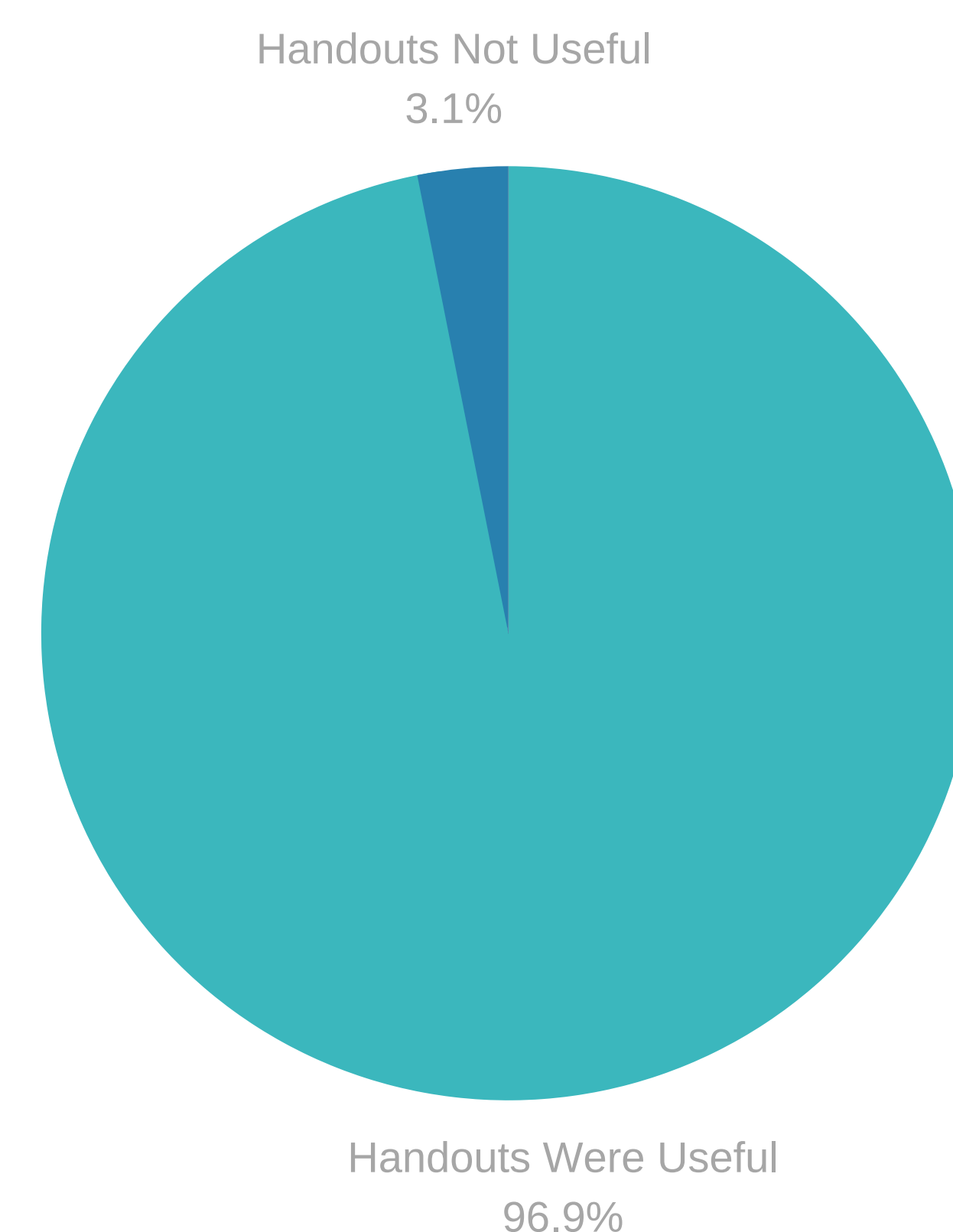
Study participants were provided with handouts of the stretches and exercises to help them continue the program at home and to assist them in the make-up any missed sessions.

97% OF RESPONDENTS

SAID PARTICIPANTS FOUND THE HANDOUTS TO BE USEFUL

3%

SAID PARTICIPANTS DID NOT FIND THE HANDOUTS TO BE USEFUL



Survey respondents were asked to record any complaints put forward by study participants.

Respondents were also asked questions regarding whether they would like to continue the Geri-Fit program at their site.

GERI-FIT PARTICIPANT FEEDBACK

50% OF RESPONDENTS

MENTIONED THAT THEIR PARTICIPANTS HAD COMPLAINTS ABOUT THE PROGRAM

The two most common complaints were:

- 1) There needed to be more variety in the program. The same videos over and over became boring.
- 2) The sound quality of the video was poor. One participant described it as sounding "muffled."

97% OF PERFORMANCE SURVEY RESPONDENTS

SAID THEY PLANNED TO CONTINUE THE PROGRAM AT THEIR SITE

SAID THEY WOULD RECOMMEND THE PROGRAM TO OTHERS

SAID THEY WANTED STAY INFORMED OF ANY UPDATES TO THE PROGRAM

WHERE DID THE DATA COME FROM?

Respondents were located at libraries across the nation, with several sites clustered in the state of Iowa.

Map data can be viewed on [BatchGeo.com](https://batchgeo.com)

Images and logos were sourced from [GeriFit.com](https://gerifit.com)

