Bingocize

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According to the CDC, the 65 and older population will double in the next 25 years, making physical activity for that age group more important than ever.

In this week’s View from the Hill, Amy Bingham shows us a simple way WKU students are getting some local seniors on the exercise bandwagon.

If senior citizens have a choice between bingo and exercise, what do you think they’ll choose? That’s why a WKU class is combining the two activities and calling it, what else? BINGOCIZE!

 “Exercise to me is one of the sacred parts of life. You must do it.”

John Stone and his wife have been residents at Village Manor Assisted Living since it opened nearly 18 years ago.

 “He’s very impressive as a 95 year old who’se probably the most energetic from the group and most ready to go before anybody else is ready.”

John is thrilled that WKU’s Exercise Science Class is bringing Bingocize to the facility once a week.

 “Wonderful, it’s much better than birthday bingo because it causes people to get up and move and exercise.”

On Thursdays , between thirty and forty exercise science students fan out over six different Bowling Green facilities to combine a fun past-time with some light exercise.

 “It’s been very successful. We get new people all the time looking into the room and saying what’s going on. They are exercising and playing bingo at the same time.”

Assistant Professor Jason Crandall, who founded the program last year in Owensboro, calls it service learning at it’s best.

 “The residents are getting that really great fun program and the students are getting that experience.”

 “One of our main objectives is to get a lot of people that are sedentary, active.”

Using resistance bands, participants do at least two exercises between each game of Bingo.

 “They all want to gain more freedom in their life and they know this will help them. They’re excited to jump up and exercise with us.”

“Having fun is living and bingo is part of living.”

Dr. Crandall says a new version of Bingocize will be unveiled next year that will integrate health information into the game.

With this week’s View from the Hill, I’m Amy Bingham.

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