Bingocize to TN

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It’s a sneaky way to get senior citizens to exercise but it works.

“Bingocize “, created by a WKU Professor, is slowly being replicated across the country as Amy Bingham explains in this week’s View from the Hill.

More than a million dollars in research grants have been awarded to Bingocize since it was founded six years ago. It’s a simple but effective way to get the elderly population moving.

It’s bingo….

with a twist.

Or should I say bend.

“We know exercise is good for us it’s getting people to do it is the real trick.”

WKU Associate Professor Jason Crandall has been tricking older adults into exercise since 2011 when he had the idea of merging the two activities.

‘When I first thought of it my first thing to do was look for research, has anyone else thought to combine bingo with exercise and I was amazed that no one had ever done that.”

Older people love bingo.

Now Bingocize is making it’s way to Tennessee where Senior Center directors from across the state recently gathered for training.

“The senior center directors are always looking for programs for their people to do. Exercise is something that people are interested in and also having fun and socializing so this was a really good fit.

The applied nature of the program is what excites professor Mark Shafer.

They learn the skills in the classroom and they integrate the knowledge, skills and ability with people who are doing it and conducting this program.

This fall, college students all over Kentucky, not just WKU, will spread Bingocize to their communities.

“We partnered with six other universities and they will go to local nursing homes and implement the program with their students and local staff.”

It’s an approach to exercise these Senior Directors can’t wait to take back to their centers.

“I believe coupling this with the exercise is killing two birds with one stone. It’s making them happy but also making them healthy.”

An on-line training program for Bingocize has been developed along with a mobile app that’s launching nationwide this fall. Nearly a dozen other states from California to New York have expressed interest in Bingocize.

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

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