and can be an effective approach to promote PA. However, the physical function and cardiorespiratory fitness (CRF) benefits of OA engaging in Latin dance have not been investigated. The purpose of this study was to test if PA from an 8-month dance trial yielded and explained improvements in physical function and CRF.

Methods: The study analyzed physical function and CRF outcomes from the BAILA trial. Participants (n=333) were Latinos (age 55+) who were randomized to a dance or control condition for an 8-month study. PA was assessed using the Community Healthy Activities Model Program for Seniors (CHAMPS), physical function was assessed with the short physical performance battery protocol (SPPB) and estimated CRF was assessed using the Jcura non-exercise test model. Results: ANCOVA models found significant change in SPPB total scores (F1, 331 = 4.01, p=0.046) and estimated CRF (F1, 331 = 7.66, p=0.006) over eight months in favor of the dance group. Follow-up mediation models found MVPA to mediate between group and SPPB scores, (β= 0.05, 95% CI [0.0128, 0.1147]). MVPA also mediated between group and CRF, (β= 0.06, 95% CI [0.0164, 0.1197]). Conclusion. The study supports organized Latin dance programs to be effective for improving physical and cardiorespiratory benefits among older adults. The findings also encourage future investigations to promote PA in culturally relevant forms.

IMPROVEMENTS IN HEALTH-RELATED QUALITY OF LIFE FOR BINGOCIZE CLINICAL TRIAL PARTICIPANTS
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With the number of older adults increasing rapidly, researchers have increasingly focused on designing interventions to improve health-related quality of life (HRQOL) in older adulthood. However, many interventions struggle with adherence because older adults often perceive them as unenjoyable, condescending, or painful. Here, we report results from a clinical trial of BINGOCIZE®, a community-based “in vivo” exercise and health education intervention for older adults, to determine if participation impacts participants’ HRQOL. One-hundred and forty-three older adults ages 60+ were randomly assigned to one of four conditions that contrasted exercise and health education to non-intervention control groups. All conditions were matched on social engagement and met in group sessions twice weekly for 12 weeks. The CDC HRQOL measure was administered before and after the intervention. Session adherence was >90% across all sessions. Results from 2 (Time: Pre/Post) x 4 (Condition: Bingo-only Control vs. Bingo+Health Education vs. Bingo+Exercise vs. Bingo+Health Education+Exercise) ANOVAs found that all participants reported better sleep quality, reduced pain, and increased energy after completing the program (p-values <.05). Results from 2 (Time: Pre/Post) x 2 (Exercise/No Exercise) ANOVAs revealed interactions showing that exercise participants experienced greater decreases in days with anxiety and physically unhealthy days as compared to non-exercise participants (p-values <.05). These findings suggest that elements of BINGOCIZE can contribute to improvements in older adults’ mental and physical quality of life. The current research can help researchers and professionals further elucidate which intervention mechanisms play a role in determining older adults’ health-related quality of life.

SESSION 6580 (POSTER)
PSYCHOSOCIAL WELL-BEING
SENSE OF PURPOSE IN LIFE AND ALLOSTATIC BURDEN IN TWO LONGITUDINAL COHORTS
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Sense of purpose in life has been linked with better physical health, longevity, and reduced risk for disability and dementia, but the mechanisms linking purposefulness with diverse health outcomes is unclear. Chronic activation and dysregulation of neural, immune, and other bodily systems, known as allostatic load, may contribute to these underlying mechanisms. Specifically, sense of purpose may promote