

MODIFIED MOVES MAXIMUM RESULTS

Enhance®Fitness FACT SHEET: MAY 2016



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

Enhance®Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living.

Enhance®Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging.

IN EACH ENHANCE®FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training.
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms.
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults.

WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

PARTICIPANT SATISFACTION

Over **99%** of participants say they
would recommend
Enhance®Fitness to a friend³

PROVEN RESULTS

Studies show:

90% participant retention rate¹

13% improvement in **social functioning**¹

35% improvement in **physical functioning**¹

53% improvement in **depression**¹

Fewer hospitalizations and **\$945** less in
health care costs per year than non-participants²

THE PROGRAM'S REACH MAY '16

Number of Y associations offering the program	137
Number of states delivering the program	37
Number of EnhanceFitness Sites	253
Number of certified instructors	1,175+
Number of participants served	13,269

References:
1. Wallace JI, Buchner DM, Grothaus L, Leveille S, Tyll L, LaCroix AZ, Wagner EH. (1998). Implementation and effectiveness of a community-based health promotion program for older adults. *Journal of Gerontology* 53A(4): M301-M306.
2. The Centers for Medicare and Medicaid Services. (2013). *Report to Congress: The Centers for Medicare and Medicaid Services' evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act*. Washington: Government Printing Office.
3. Senior Services. (2013). *What is EnhanceFitness?*. Retrieved from <http://www.projectenhance.org/EnhanceFitness.aspx> and Y-USA evaluation findings.



What Participants are Saying...

At the encouragement of my medical provider, I began attending EnhanceFitness classes at the YMCA. I needed something close to home that would keep me coming back week after week. Since starting I have seen improvements in my **strength, mobility, and agility**, and my **blood pressure has even improved!** I am inspired to keep attending by the competence and friendliness of the instructor. My favorite thing about the Y is the variety the class offers and getting to know my friendly class mates and staff at the Y."

- Eleanor Gilmore, YMCA of Greater Seattle



"For me, I am extremely grateful for all that has gone into this program. The downward spiral seems to be over."

-Frances Marshall, YMCA of the North Shore



"EnhanceFitness is for every senior -it's all inclusive! You can work at your own pace. Don't be afraid to try it!"

-Sylvia Schilling, Eau Claire YMCA

"The EnhanceFitness program ended my search for a course that would strengthen and coordinate all of my muscle groups in a single class. I feel better physically and mentally, and my balance is better. After 16 weeks of exercise I have met new friends, and I feel more prepared to profit from taking other classes." *-Bruce Spooner, Old Colony YMCA*

PROGRAM LOCATIONS

ARIZONA • YMCA of Southern Arizona, Tucson

CALIFORNIA • Central Coast YMCA, Salinas • YMCA of Burbank, Burbank • YMCA of Metropolitan Los Angeles, Los Angeles • YMCA of the Silicon Valley, Santa Clara • YMCA of San Francisco, San Francisco

COLORADO • YMCA of Boulder Valley, Lafayette

CONNECTICUT • Naugatuck YMCA, Naugatuck • Southington-Cheshire Community YMCAs Inc, Cheshire • Riverbrook Regional YMCA, Wilton

DISTRICT OF COLUMBIA • YMCA of Metropolitan Washington, Washington, DC

FLORIDA • Florida's First Coast YMCA, Jacksonville • Volusia/Flagler Family YMCA, DeLand • YMCA of Central Florida, Orlando • YMCA of South Florida, Fort Lauderdale • YMCA of the Suncoast, Clearwater

GEORGIA • Tiftarea YMCA, Tifton

HAWAII • YMCA of Honolulu, Waialua

IDAHO • Treasure Valley YMCA, Boise Wood • Riverwood Community YMCA, Ketchum • YMCA of Idaho Falls, Idaho Falls

ILLINOIS • Greater Joliet Area YMCA, Joliet • Kishwaukee Family YMCA, Sycamore • Mercer County Family YMCA, Aledo • YMCA of Knox County, Galesburg

INDIANA • Cole Center Family YMCA, Kendallville • YMCA of Greater Fort Wayne, Fort Wayne • YMCA of Greater Indianapolis, Indianapolis • YMCA of Kokomo, Kokomo • YMCA of La Porte Indiana, La Porte • YMCA of Vincennes Indiana, Vincennes

IOWA • Camp Foster YMCA, Spirt Lake • YMCA of Cedar Rapids Metro Area, Cedar Rapids • YMCA of Greater Des Moines, Des Moines • YMCA of Marshalltown Iowa, Marshalltown

KANSAS • YMCA of Southwest Kansas, Garden City • McPherson Family YMCA, McPherson • YMCA of Salina Kansas, Salina • YMCA of Wichita Kansas, Wichita

KENTUCKY • Pikeville Area Family YMCA, Pikeville • Hopkins County Family YMCA, Madisonville • Paris-Bourbon County Family YMCA, Paris • YMCA of Central Kentucky, Lexington

LOUISIANA • YMCA of the Capital Area, Baton Rouge

MAINE • Bangor YMCA, Bangor • YMCA of Greater Waterville, Waterville • YMCA of the North Shore, Beverly

MARYLAND • Dorchester County Family YMCA, Cambridge • YMCA of Cumberland MD, Cumberland • YMCA of Frederick County, Frederick

MASSACHUSETTS • Attleboro YMCA, AttleboroGreenfield YMCA, Greenfield • Hampshire Regional YMCA, Northampton • Hockomock Area YMCA, North Attleboro • Malden YMCA , Malden • Old Colony YMCA, Brockton • Merrimack Valley YMCA, Lawrence, • MetroWest YMCA Inc., Framingham • YMCA of the North Shore, Beverly • YMCA Southcoast, New Bedford

PROGRAM LOCATIONS

MICHIGAN • Ann Arbor YMCA, Ann Arbor • Bay Area Family YMCA, Bay City • Grand Traverse Bay YMCA, Traverse City • Monroe Family YMCA, Monroe • Muskegon Family YMCA, Montague • YMCA of Greater Grand Rapids, Grand Rapids • YMCA of Metropolitan Lansing, Lansing • YMCA of Lenawee County, Adrian • YMCA of Marquette County, Marquette • YMCA of Metropolitan Detroit, Detroit • YMCA of the Blue Water Area, Port Huron • Jackson YMCA Center, Jackson • Benton Harbor-St. Joseph, St. Joseph • YMCA of Saginaw, Saginaw

MINNESOTA • Rochester Area Family YMCA, Rochester

MISSOURI • Gateway Region YMCA, St. Louis • YMCA of Greater Kansas City, Kansas City

MONTANA • Southwestern Montana Family YMCA, Dillon • Billings Family YMCA, Billings • Greater Missoula Family YMCA, Missoula • YMCA of Helena, Helena

NEW JERSEY • Burlington County YMCA, Mt. Laurel • YMCA of Madison NJ, Inc., Madison • YMCA of Eastern Union County YMCA, Elizabeth • Somerset County YMCA, Somerville • YMCA of Fanwood-Scotch Plains, Scotch Plains • YMCA of Summit NJ, Summit • YMCA of Metuchen, Metuchen

NEBRASKA • Siouxland YMCA, South Sioux City • YMCA of Lincoln Nebraska, Lincoln

NEW YORK • Auburn YMCA- WEIU, Auburn • Greater Syracuse YMCA, Syracuse • YMCA of Rye NY, Rye • YMCA of the Capital District, Albany • YMCA of Greater Rochester, Rochester • YMCA of Long Island , Glen Cove • YMCA of the Greater Tri-Valley, Rome • Watertown Family YMCA, Watertown • YMCA of Broome County, Binghamton • Olean-Bradford Area YMCA, Olean • YMCA of Yonkers, Yonkers • Rockland County YMCA, Nyack

NORTH CAROLINA • YMCA of Western North Carolina, Asheville

OHIO • Licking County Family YMCA, Newark • YMCA of Central Ohio, Columbus • YMCA of East Liverpool Ohio, East Liverpool • YMCA of Youngtown Ohio, Youngstown • YMCA of Greater Cincinnati, Cincinnati

OKLAHOMA • YMCA of Greater Tulsa, Tulsa

OREGON • Eugene Family YMCA, Eugene • YMCA of Ashland, Ashland • YMCA of Douglas County, Roseburg • YMCA of Columbia-Wilamette, Portland • YMCA of Grants Pass Oregon, Grants Pass • Family YMCA of Marion & Polk Counties, Salem

PENNSYLVANIA • Community YMCA of Eastern Delaware County, Landsdowne • Philadelphia Freedom Valley YMCA, Philadelphia • Sewickley Valley YMCA, Sewickley • Shenango Valley YMCA, Hermitage • Wilkes-Barre Family YMCA, Wilkes-Barre • Greater Scranton YMCA, Dunmore • Wayne County YMCA, Honesdale

RHODE ISLAND • YMCA of Greater Providence, Providence • Olean Community YMCA, Westerly

TENNESSEE • YMCA of Memphis & the Mid-South, Memphis • YMCA of Metropolitan Chattanooga, Chattanooga • Sparta/White County Family YMCA, Sparta

TEXAS • YMCA of Central Texas, Waco • YMCA of the Greater Houston Area, Houston • YMCA of Greater San Antonio, San Antonio

VERMONT • Greater Burlington YMCA, Burlington

VIRGINIA • YMCA of Roanoke Valley, Roanoke

WASHINGTON • YMCA of Greater Seattle, Seattle

WISCONSIN • Kettle-Moraine YMCA, West Bend • Sheboygan County YMCA, Sheboygan • YMCA of Eau Claire Wisconsin, Eau Claire