



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN NEVER RETIRES

Enhance®Fitness—Treating Arthritis through Fun, Laughter, and Friends

Fact Sheet: October 2014

PROGRAM OVERVIEW

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

EnhanceFitness 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 to bring out their physical best
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce arthritis symptoms.
- A relaxed atmosphere that encourages social interaction, which is proven to be a vital part of senior health and well-being.

WHO QUALIFIES?

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

PROVEN RESULTS

Studies show:

90% participant retention rate¹

13% improvement in social functioning¹

35% improvement in physical functioning¹

53% improvement in depression¹

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

PROGRAM REACH

46 YMCA Associations providing Enhance®Fitness

Enhance®Fitness classes currently offered at **123** Y sites in **23** states

Over **400** Instructors trained

5,111 participants served

Participants **significantly improved**⁴ on strength and cardiovascular assessments after attending Enhance-Fitness classes at Y program sites in 2013 and 2014

PARTICIPANT SATISFACTION

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



PARTICIPANT IMPACT

“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, Seattle WA



PROGRAM LOCATIONS

ARIZONA

YMCA of Southern Arizona, Tucson

CALIFORNIA

Central Coast YMCA, Salinas

YMCA of the Silicon Valley, Santa Clara

CONNECTICUT

Wilton Family YMCA, Wilton

FLORIDA

Florida's First Coast YMCA, Jacksonville

Volusia/Flagler Family YMCA, DeLand

YMCA of Broward County, Fort Lauderdale

YMCA of Greater Miami, Miami

YMCA of the Suncoast, Clearwater

IDAHO

Treasure Valley YMCA, Boise

ILLINOIS

Kishwaukee Family YMCA, Sycamore

INDIANA

YMCA of Greater Fort Wayne, Fort Wayne

YMCA of Greater Indianapolis, Indianapolis

IOWA

YMCA of Cedar Rapids Metro Area, Cedar Rapids

YMCA of Marshalltown Iowa, Marshalltown

LOUISIANA

YMCA of the Capital Area, Baton Rouge

MAINE

Piscataquis Regional YMCA, Dover Foxcroft

MASSACHUSETTS

Hampshire Regional YMCA, Northampton

Hockomock Area YMCA, North Attleboro

Old Colony YMCA, Brockton

YMCA of the North Shore, Beverly

MICHIGAN

Ann Arbor YMCA, Ann Arbor

Grand Traverse Bay YMCA, Traverse City

YMCA of Greater Grand Rapids, Grand Rapids

YMCA of Lansing, Lansing

YMCA of Marquette County, Marquette

YMCA of Metropolitan Detroit, Detroit

MISSOURI

Greater St. Louis YMCA, St. Louis

NEW JERSEY

Burlington County YMCA, Mt. Laurel

YMCA of Madison NJ, Inc., Madison

Gateway Family YMCA, Elizabeth

Somerset Valley YMCA, Somerville

YMCA of Fanwood-Scotch Plains, Scotch Plains

NEW YORK

Greater Syracuse YMCA, Syracuse

YMCA of Rye NY, Rye

YMCA of the Capital District, Albany

OHIO

YMCA of Central Ohio, Columbus

OKLAHOMA

YMCA of Greater Tulsa, Tulsa

PENNSYLVANIA

Philadelphia Freedom Valley YMCA, Philadelphia

RHODE ISLAND

YMCA of Greater Providence, Providence

TENNESSEE

YMCA of Memphis & the Mid-South, Memphis

YMCA of Metropolitan Chattanooga, Chattanooga

TEXAS

YMCA of Central Texas, Waco

WASHINGTON

YMCA of Greater Seattle, Seattle

WISCONSIN

Sheboygan County YMCA, Sheboygan

YMCA of Eau Claire Wisconsin, Eau Claire

TO LEARN MORE, CONTACT:

MAUREEN PIKE
Technical Advisor, Chronic
Disease Prevention
Programs
YMCA of the USA

maureen.pike@ymca.net
800 872 9622 ext.
8897

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.
4. Based on Y-USA statistical analysis of data collected by providers Ys through EnhanceFitness's Online Data Entry System (ODES)