**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 rate\(^1\)
- **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-participants\(^2\)

**PROGRAM REACH**

46 YMCA Associations providing Enhance®Fitness

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

Over 400 Instructors trained

5,1111 participants served

Participants significantly improved\(^4\) on strength and cardiovascular assessments after attending EnhanceFitness classes at Y program sites in 2013 and 2014

**PARTICIPANT SATISFACTION**

Over **99%** of participants say they would recommend Enhance®Fitness to a friend\(^3\)
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:
4. Based on Y-USA statistical analysis of data collected by providers Y’s through EnhanceFitness’s Online Data Entry System (ODES)