

# MODIFIED MOVES MAXIMUM RESULTS

Enhance®Fitness

FACT SHEET: SEPTEMBER 2016



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PROGRAM OVERVIEW

EnhanceFitness is a proven community-based senior fitness and arthritis management program. It helps 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.
- 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**

**EnhanceFitness** to a friend<sup>3</sup>

## PROVEN RESULTS

### Studies show:

**90%** participant retention rate<sup>1</sup>

**13%** improvement in social functioning<sup>1</sup>

**35%** improvement in physical functioning<sup>1</sup>

**53%** improvement in depression<sup>1</sup>

Fewer hospitalizations and **\$945** less in  
health care costs per year than non-participants<sup>2</sup>

### THE PROGRAM'S REACH SEPT '16

Number of Y associations offering the program	<b>155</b>
Number of states delivering the program	<b>37</b>
Number of EnhanceFitness sites 86% Y Sites   14% non-Y Sites	<b>295</b>
Number of certified instructors	<b>1,459</b>
Number of participants served	<b>15,249</b>

#### References:

1. Wallace JL, 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.



## PROGRAM DEMOGRAPHICS

### RACE

Caucasian:	57%
Unknown:	30%
Black:	9%
Asian:	2%
Other:	1%
Multi-Racial:	1%
Native American:	<1%
Pacific Islander:	<1%

### ETHNICITY

Hispanic/Latino:	3%
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### AGE

Less than 60:	5%
60-69:	24%
70-79:	37%
80-89:	16%
90+:	3%
Unknown:	15%

### GENDER

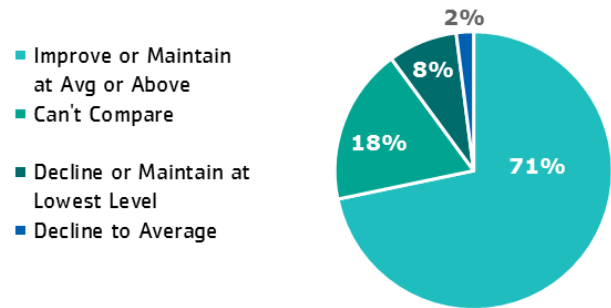
Female:	74%
Male:	14%
Unknown:	12%

### REFERRAL SOURCE

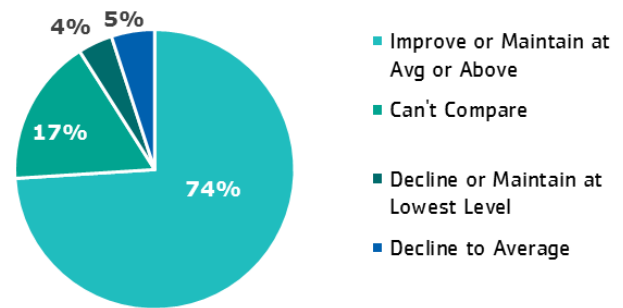
YMCA Staff or Volunteer:	47%
Friend or Family:	18%
Doctor or Other Provider:	10%
Poster, Flyer, Event At Y:	10%
Other:	5%
Mailing or Email:	3%
Media:	3%
Y Website:	3%
Health Insurance Company:	1%

## RESULTS

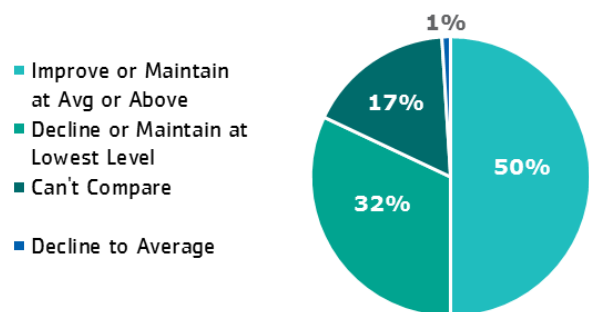
A majority of participants **improved their lower body strength** as measured by the chair stand test, Jan. 2013 - August 2016



A majority of participants **improved their upper body strength** as measured by the arm curl test, Jan. 2013 - August 2016



About half of participants **improved their agility/dynamic balance** as measured by the up & go test, Jan. 2013 -August 2016



At the encouragement of my medical provider, I began attending Enhance@Fitness 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

# 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 • Fox Valley Family YMCA, Inc., Plano • The West Cook YMCAs, Oak Park

**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 • Hobart Family YMCA, Inc., Hobart • Kosciusko Community YMCA, Warsaw

**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 • YMCA of Topeka Kansas, Topeka

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

**LOUISIANA** • YMCA of the Capital Area, Baton Rouge

**MAINE** • Bangor YMCA, Bangor • YMCA of Greater Waterville, Waterville • YMCA of the North Shore, Beverly • Kennebec Valley YMCA, Augusta

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

**MASSACHUSETTS** • Attleboro YMCA, Attleboro Greenfield 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 • YMCA Cape Cod, West Barnstable • YMCA of Greater Boston, Boston

# 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 • YMCA of Barry County, Hastings

**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 • Metropolitan YMCA of the Oranges, Livingston

**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 • YMCA of Kingston & Ulster County, Kingston

**NORTH CAROLINA** • YMCA of Western North Carolina, Asheville • Cleveland County Family YMCA, Shelby

**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 • YMCA of Mansfield Ohio, Mansfield • Great Miami Valley YMCA, Hamilton

**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 • Greater Pittston YMCA, Pittston • Beaver County YMCA, New Brighton • Carbondale YMCA, Carbondale • York & York County, York

**RHODE ISLAND** • YMCA of Greater Providence, Providence • Ocean 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 • YMCA of El Paso & Rio Grande Valley, El Paso

**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