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, Administration for Community Living, 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

PROVEN RESULTS
Studies show:
- 90% participant retention rate
- 13% improvement in social functioning
- 35% improvement in physical functioning
- 53% improvement in depression
- 26% decreased risk of a medical fall

Fewer hospitalizations and $945 less in health care costs per year than non-participants

THE PROGRAM’S REACH MARCH’19

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Number of Y associations offering the program</td>
<td>226</td>
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<tr>
<td>Number of states delivering the program</td>
<td>45</td>
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<tr>
<td>Number of EnhanceFitness sites</td>
<td>461</td>
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<tr>
<td>86% Y Sites</td>
<td>14% non-Y Sites</td>
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<tr>
<td>Number of participants served</td>
<td>30,745</td>
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</tbody>
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References:
PROGRAM DEMOGRAPHICS

RACE
Caucasian: 59%
Unknown: 29%
Black: 7%
Asian: 2%
Other: 2%
Multi-Racial: 1%
Native American: <1%
Pacific Islander: <1%

ETHNICITY
Hispanic/Latino: 3%

AGE
Less than 60: 4%
60-69: 19%
70-79: 41%
80-89: 19%
90+: 4%
Unknown: 14%

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

REFERRAL SOURCE
YMCA Staff or Volunteer: 43%
Friend or Family: 22%
Poster, Flyer, Event At Y: 10%
Other: 8%
Doctor or Other Provider: 5%
Media: 4%
Y Website: 4%
Mailing or Email: 3%
Health Insurance Company: 1%

RESULTS

A majority of participants improved their lower body strength as measured by the chair stand test, Jan. 2013 - March 2019

- Improve or Maintain at Avg or Above
- Can't Compare
- Decline or Maintain at Lowest Level

A majority of participants improved their upper body strength as measured by the arm curl test, Jan. 2013 - March 2019

- Improve or Maintain at Avg or Above
- Can't Compare
- Decline or Maintain at Lowest Level
- Decline to Average

About half of participants improved their agility/dynamic balance as measured by the up & go test, Jan. 2013 - March 2019

- Improve or Maintain at Avg or Above
- Decline or Maintain at Lowest Level
- Can't Compare

ENHANCE®FITNESS National Footprint

For a complete list of EF sites, visit: ymca.net/enhancefitness