

EnhanceFitness

WHAT IS IT?

EnhanceFitness is an evidence-based group exercise program designed to help older adults at all fitness levels become more active, energized, and empowered to sustain independent lives. Each session lasts for a full hour and focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility – essential components for maintaining health and function as individuals age. The program is designed to be fun and engaging, encouraging consistent participation.

WHO IS IT FOR?

EnhanceFitness is tailored for older adults at any level of fitness. The class can be taken seated or standing, and instructors are trained to modify exercises to suit the varying abilities of participants. This inclusivity ensures that everyone can benefit from the program, regardless of their current fitness level.

WHAT DOES IT DO?

The goal of **EnhanceFitness** is to improve the overall functional fitness and well-being of older adults. Clinical research has shown that **EnhanceFitness** improves various health indicators. Physical activity reduces the risks of dying prematurely from heart disease and developing conditions like diabetes and colon cancer. It can help reduce high blood pressure for those who already have it, alleviate feelings of depression and anxiety, assist in weight control, and help build and maintain healthy bones, muscles, and joints. Additionally, **EnhanceFitness** helps older adults become stronger, more balanced, flexible, and more capable of moving without falling.



What participants say:

“From day one, I have been well taken care of. Our leaders are wonderful. If I am having a problem with an exercise, they immediately help with modifying it.”

- 97% feel more satisfied with life
- 100% would recommend this program to a friend or relative



To make a referral or register for an upcoming workshop, visit healthylivingforme.org

HOW TO DISCUSS WITH PATIENTS

Older adults highly value their independence and often worry about the implications of being labeled as a fall risk. They may not openly discuss fears or concerns about falling, so it may be necessary to initiate the discussion. Emphasize to your patient that the goal of this program is to keep them independent, active, and at home for as long as possible. Highlight that the program is safe, fun, and specifically designed to meet their needs. Mention the social benefits of the program, as it offers an opportunity to connect with peers, which can be a significant motivator for participation. Additionally, reassure them that many individuals like themselves have benefited from the exercise and group classes, finding both enjoyment and improved health outcomes.