

EnhanceFitness



EnhanceFitness is a group exercise program for older adults to improve their cardiovascular fitness, strength, flexibility, and balance. Classes meet three times a week for one hour. The program helps build participant relationships and creates a fun and friendly exercise environment. Moreover, it has been scientifically tested and shown to improve health and reduce healthcare costs among regular participants.

Program Participants



- 1,873 seniors served
- Two-thirds (66%) of participants aged 70-89 (with 40% in their 70s)
- Most common racial categories:
 - 47% White
 - 29% Japanese
 - 13% Filipino
 - 8% Hawaiian
- Most common chronic conditions:
 - 39% Arthritis
 - 35% Hypertension
 - 19% Diabetes
 - 11% Cancer

Return on Investment

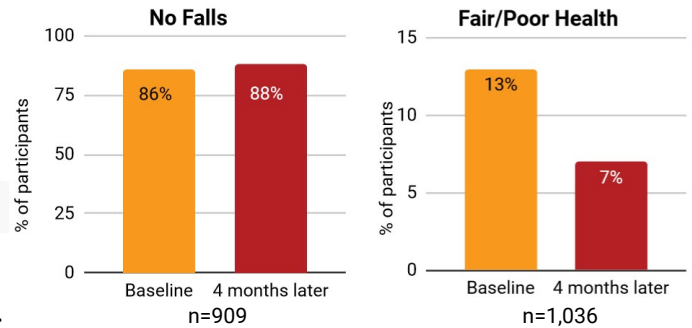


Every \$1.0 spent on EnhanceFitness was estimated to save \$1.8 in healthcare costs.

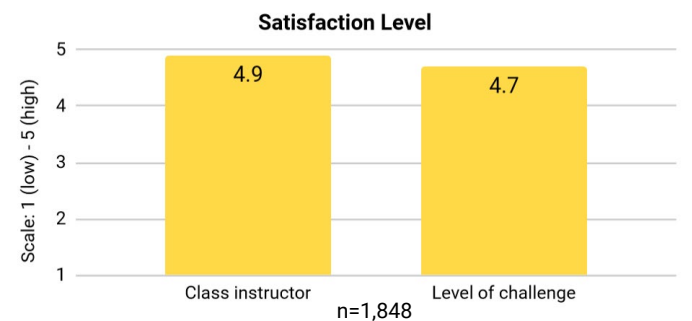
Reference: Hawaii Medical Journal. 2011; 70(6):116-120.

Program Outcomes

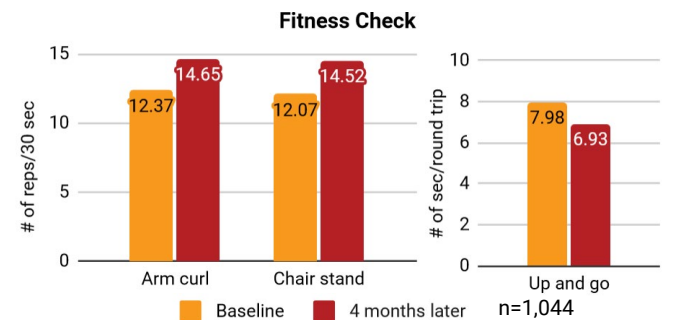
After 4 months of EnhanceFitness classes, more participants reported no falls and fewer participants reported fair or poor health.



Participants were highly satisfied with their instructors and the program's level of challenge.



Participants showed improvements in physical function by the end of the 4-month cycle.



Arm curls
Tests upper-body strength



Chair stands
Tests lower-body strength



Up and go
Measures ability to transfer

Who Can Participate?

Adults aged 60 and older (50+ in Maui County) are welcome to join.

Where Are Classes Held?

Kaua'i County:

- Hanalei Neighborhood Center
- Kapa'a United Church of Christ
- Lihu'e Neighborhood Center

Maui County:

- Binhi At Ani (Kahului)
- Hali'imaile Gym (Makawao)
- Waiakoa Gym (Kula)
- Hale O Lanakila (members only)
- Remote format

Honolulu County:

- Pearl City Community Church

Why Join?

Exercise protects against heart attacks and high blood pressure. It also lowers cholesterol levels, increases strength and flexibility, improves mental functioning, and reduces the risk of falls.

What Exercises Are Included in EnhanceFitness?



Cardio



Flexibility



Strength



Balance



Participants having fun doing exercise together

EnhanceFitness is an evidence-based program implemented by Hawai'i Healthy Aging Partnership



For more information, contact the Hawai'i Aging and Disability Resource Center (808-643-ADRC) or visit our website www.hawaiihealthyaging.org. EnhanceFitness is currently offered by:



Kaua'i Agency
on Elderly Affairs



Maui County
Office on Aging



YMCA of
Honolulu