

# MODIFIED MOVES MAXIMUM RESULTS

Enhance®Fitness

FACT SHEET: DECEMBER 2024



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, 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.

## BY THE NUMBERS

Number of participants enrolled	<b>44,747</b>
Percentage of participants who improved/maintained at chair stand test	<b>74%</b>
Percentage of participants who improved/maintained at arm curl test	<b>72%</b>
Percentage of participants who improved/maintained at up & go test	<b>66%</b>
Number of states delivering the program	<b>45</b>
Number of Y associations offering the program	<b>258</b>
Number of program sites 79% Y Sites   20% Non-Y Sites	<b>634</b>

### References:

1. Wallace JI, 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.
4. Greenwood-Hickman MA, Rosenberg DE, Phelan EA, Fitzpatrick AL. Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011. *Prev Chronic Dis* 2015;12:140574



## 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>
- 26% decreased risk of a medical fall<sup>4</sup>
- Fewer hospitalizations and \$945 less in health care costs per year than non-participants<sup>2</sup>

## PARTICIPANT SATISFACTION

Over 99% of participants say they would recommend EnhanceFitness to a friend<sup>3</sup>

## PROGRAM COMPONENTS

- 16-week (or ongoing) program
- Three 60-minutes classes per week
- Fitness assessment every 4 months

## PROGRAM DEMOGRAPHICS

### RACE

White or Caucasian	54%
Black or African American	6%
Asian	1%
Two or more races	1%
Not report	37%

### ETHNICITY

Hispanic/Latino	3%
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### AGE

Less than 60:	3%
60-69:	13%
70-79:	46%
80-89:	29%
90+:	9%

Average Age

77

### SEX

Female	79%
Male	16%

### REFERRAL SOURCE

YMCA Staff or Volunteer:	41%
Friend or Family:	23%
Media/Marketing:	19%
Other:	8%
Doctor or Other Provider:	5%
Health Insurance Company:	1%

\*Referral source categories are reflective of those reporting a referral source at enrollment

## ENHANCE®FITNESS National Footprint

For a complete list of EF sites, visit:

[ymca.org/enhancefitness](https://ymca.org/enhancefitness)

