

Join the EnhanceFitness National Network

Award-winning, evidence-based EnhanceFitness classes comprise aerobic endurance, strength, posture, balance and flexibility exercises. Consistent attendance is proven to:

Increase

physical
functioning and
socialization



pain
depression
medical care costs

Decrease

EnhanceFitness helps older adults at all levels of fitness, including those with co-existing chronic conditions.

A 2013 Report to Congress from the Centers for Medicare & Medicaid Services (CMS) ¹ found that EnhanceFitness participants experienced statistically significant total medical savings compared to a cohort matched by age and gender. Specific findings included:

- EF program participants incurred an estimated total cost savings of \$945, the highest savings among programs studied.
- EF participants experienced decreases in unplanned hospitalizations, implying one unplanned hospitalization prevented for every 20-25 participants.
- EF participation was associated with reductions in the average number of occupational therapy visits.

To Get Started:

- Secure finding and sign license agreement with Senior Services
- Identify fitness instructors and class locations
- Set up EnhanceFitness instructor training
- Purchase class weights
- Enroll eager participants!

For more information:

projectenhance@seniorservices.org

206.448.5725

www.projectenhance.org

Testimonials:

"I come to EnhanceFitness to get consistent exercise and the proper kind. I know I won't do it on my own. Having cheerful, encouraging, and wise instruction helps me to stay fit"

"It's fun! Like family"

"After about 2 years in EnhanceFitness Class, my blood pressure medication is half. My blood sugar medication is half. My weight is down 10% and my stomach is flat. I am not out of breath climbing stairs. Thank you!"

¹ Centers for Medicare & Medicaid Services. "Report to Congress: The Center for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act." September 30, 2013