



the **MODIFIED MOVES, MAXIMUM RESULTS**

ENHANCE®FITNESS IN NEW YORK STATE

ENHANCE®FITNESS 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; and
- An encouraging atmosphere that fosters social interaction, which is a critical component to the health and well-being of older adults.

WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

IN THE UNITED STATES...

From 2013–2014, an estimated

**54,000,000
ADULTS**

(22.7%) have a received a diagnosis of arthritis by a doctor.¹

WHILE IN NEW YORK STATE...

In 2016,

**3,600,000
RESIDENTS**

(23.7%) of New York State were diagnosed with arthritis by a doctor.²

DESPITE BEING SEEN AS AN INEVITABLE PART OF AGING, THE ADVERSE AFFECTS OF ARTHRITIS CAN BE MANAGED AND REDUCED THROUGH MODERATE PHYSICAL ACTIVITY AND SELF MANAGEMENT TECHNIQUES

ENHANCEFITNESS HAS PROVEN RESULTS:

90% participant retention rate³

35% improvement in physical functioning³

13% improvement in social function³

53% improvement in depression³

26% reduction in risk of a medical fall³

Overall, EnhanceFitness participants have had fewer hospitalizations and a **\$945 savings** in health care costs per year compared to non-participants.⁴

Since the partnership between the New York State Department of Health's Arthritis Program and the New York State YMCA Foundation began in late 2014, capacity for the program delivery has increased to include:

16

YMCA ASSOCIATIONS
OFFERING
ENHANCEFITNESS

50

YMCA BRANCHES AND
COMMUNITY
LOCATIONS

WITH

140

CERTIFIED
ENHANCEFITNESS
INSTRUCTORS DELIVERING
THE PROGRAM

11

ENHANCEFITNESS
MASTER TRAINERS
READY TO TRAIN
FUTURE INSTRUCTORS

REACHING OVER
1,000 NEW YORKERS

ENHANCE@FITNESS LOCATIONS IN NEW YORK STATE:

COMMUNITY SITES & SPONSOR YMCAs

Cottage Place Gardens Housing Development
Yonkers Family YMCA

Coxsackie Senior Center
Capital District YMCA – Greene County Branch

Dominican Sisters of Sparkill Convent
Rockland County YMCA

Glenville Senior Center
Capital District YMCA – Glenville YMCA

Guilderland Senior Center
Capital District YMCA

Haverstraw Place
Rockland County YMCA

Huntington Public Library – Station Branch
YMCA of Long Island – Huntington YMCA

Islip Trinity Lutheran Church
YMCA of Long Island – Patchogue Family YMCA

John E. Flynn Manor Housing Development
Nyack Senior Center

Livingston School Apartments
Capital District YMCA

Rye Brook Senior Center
Rye YMCA

Schoolhouse Terrace
Yonkers YMCA

Watervliet Senior Center
Capital District YMCA

William A. Schlobohm Housing Development
Yonkers Family YMCA

The Wainwright House
Rye YMCA

YMCAs DELIVERING ENHANCEFITNESS

Auburn YMCA–WEIU

Auburn YMCA–WEIU – Skaneateles YMCA

YMCA of Broome County – West Family YMCA

YMCA Buffalo Niagara – Independent Health Family YMCA

YMCA Buffalo Niagara – Ken-Ton Family YMCA

YMCA Buffalo Niagara – Southtowns Family YMCA

Capital District YMCA – Duanesburg Branch

Capital District YMCA – Greene County Branch

Capital District YMCA – Schenectady Branch

Capital District YMCA – Southern Saratoga Branch

YMCA of Greater New York – Broadway Staten Island

YMCA of Greater New York – Cross Island YMCA

YMCA of Greater Rochester – Bay View YMCA

YMCA of Greater Rochester – Calson MetroCenter YMCA

YMCA of Greater Rochester – Eastside YMCA

YMCA of Greater Rochester – Maplewood YMCA

YMCA of Greater Rochester – Northwest YMCA

YMCA of Greater Rochester – Westside YMCA

YMCA of Greater Syracuse – Manlius YMCA

YMCA of Greater Syracuse – Northeast Family YMCA

YMCA of Greater Syracuse – Southwest YMCA

YMCA of the Greater Tri-Valley – Oneida Family YMCA

YMCA of the Greater Tri-Valley – Rome Family YMCA

YMCA of Kingston & Ulster County

YMCA of Long Island – YMCA East Hampton RECenter

YMCA of Long Island – Huntington YMCA

YMCA of Long Island – Patchogue Family YMCA

Rockland County YMCA

Rye YMCA

Saratoga Regional YMCA – Saratoga Springs YMCA

YMCA of Twin Tiers – Olean Family YMCA

YMCA of Twin Tiers – Wellsville YMCA

Watertown Family YMCA

Yonkers Family YMCA

SOURCES:

1. Barbour KE, Helmick CG, Boring MA, Brady TJ. Vital signs: prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation — United States, 2013–2015. *Morbidity and Mortality Weekly Report*. 2017;66:246–253. DOI: <http://dx.doi.org/10.15585/mmwr.mm6609e1>.
2. New York State Department of Health BRFSS Arthritis Brief, 2016
3. 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.
4. 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

