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 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 EFFECTS 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
- 140 CERTIFIED ENHANCEFITNESS INSTRUCTORS DELIVERING THE PROGRAM
- 11 ENHANCEFITNESS MASTER TRAINERS READY TO TRAIN FUTURE INSTRUCTORS

REACHING OVER 1,000 NEW YORKERS

ENHANCEFITNESS 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
- Livingstone 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

YMCA DELIVERING ENHANCEFITNESS
- Auburn YMCA–WEIU
- YMCA of Broome County – West Family YMCA
- YMCA Buffalo Niagra – Independent Health Family YMCA
- YMCA Buffalo Niagra – Ken-Ton Family YMCA
- YMCA Buffalo Niagra – 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 – Rome Family YMCA
- YMCA of Kingston & Ulster County
- YMCA of Long Island – 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: