



Enhance®Fitness



Enhance®Fitness is an exercise program that improves cardiovascular fitness, strength, flexibility, and balance for older adults. The program helps build relationships among participating seniors, creates an exercise environment that is fun and friendly. Moreover, it has been scientifically-tested and has been shown to improve health and reduce health care costs among regular participants.

Who can participate?

Individuals age 50 and older (60+ in Kauai County) are welcome to join.



Where are classes offered?

- **County of Kaua`i:** Kekaha NC, Waimea NC, Hanapepe NC, Kōloa NC, Līhu`e NC, Kapa`a United Church of Christ, and Kīlauea NC (NC: Neighborhood Center)
- **Maui County:** Hale Mahaolu Ehiku, Hale Kupuna O Lana'i, Hale O Lanakila, Holy Rosary Church, Kahului Union Church, Kalama Heights, Makawao Hongwanji, Maui Powerhouse Gym, Mayor Hannibal Tavares Community Center, Roselani Place, St. Anthony's Church, and West Maui Senior Center.
- **Honolulu County (At YMCA):** Kaimuki, Nuuanu, Kalihi, Leeward, Mililani, and Windward Y Branches.

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 Types of Exercises Will Class Participants Do?



Cardiovascular



Flexibility



Strengthening



This exercise helps participants practice getting in & out of the tub.



Participants exercise with adjustable weights.

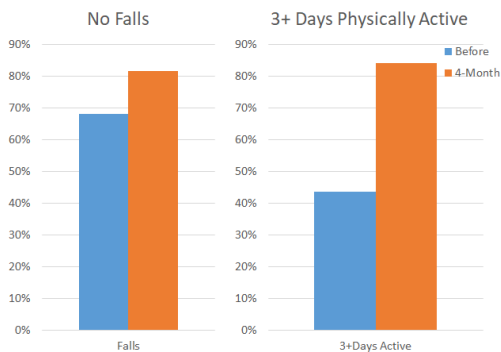
About Hawai'i Participants

- 1,742 seniors served.
- **More than half** (65%) of them are 70-89 years old (41% 70-79 years old).
- **5%** Hawaiian, **12%** Filipino, **28%** Japanese, and **39%** White.
- Many participants have chronic conditions: **41%** have arthritis, **36%** have high blood pressure, and **19%** have diabetes.

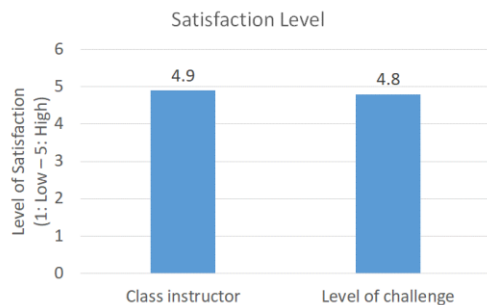


Preliminary Outcome Data From Hawaii

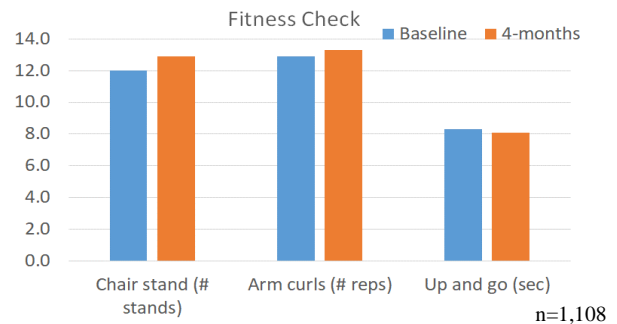
- After 16 weeks with Enhance®Fitness (n=1,041*): Reported fewer falls and increased number of days physically active.



- Participants highly satisfied with instructor and level of challenge (n=1,661*).



*: Data from Kauai and Maui Only



- Participants show improvement in measures of physical function:

- Arm curls – Tests upper-body strength
- Chair stands – Tests lower-body strength
- Up and go – Measures transfer ability; key indicator of risk for falls.



For more information on Enhance®Fitness, contact the Hawaii Aging and Disability Resource Center (808-643-ADRC) or visit our website www.hawaiihealthyaging.org. The program is currently offered by:

**Kauai County Agency
on Elderly Affairs**

**Maui County
Office on Aging**

YMCA of Honolulu



Enhance®Fitness is provided through a partnership among these agencies and local service providers.