



## Enhance®Fitness

### What is it?

EnhanceFitness is a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility – everything older adults need to maintain health and function as they age.

### Who is it for?

Older adults, from the frail to the fit. The class can be taken seated or standing, and instructors are trained in how to modify the exercises to suit the varying abilities of participants.

### What does it do?

The goal of EnhanceFitness is to improve the overall functional fitness and well-being of older adults. Clinical research shows EnhanceFitness improves health indicators. Physical activity reduces the risks of dying prematurely from heart disease, and of developing diabetes and colon cancer. It can help reduce high blood pressure for those who already have it, relieve feelings of depression and anxiety, help control weight, help build and maintain healthy bones, muscles and joints, and help older adults become stronger, more balanced, supple and more able to move without falling (Keenan & Hawkins, 2004).

> For class information and to register, visit [healthylivingforme.org](http://healthylivingforme.org)

## How to Discuss With Patients

Older adults highly value their independence and worry about the implications of being labeled as a fall risk. They may not openly discuss fears or concerns they have about falling. As such, it may be necessary for you to initiate the discussion. It is important to highlight to your patient that the goal of this program is to keep him or her independent, active, and at home for as long as possible. You should emphasize that the program is safe and fun! It may also be useful to highlight the social benefits of the program and the fact that many patients like him or her have benefited from both the exercise and the group classes.