



## Fast Facts About Enhance® Fitness

**EnhanceFitness is evidence-based** - What does evidence-based mean? EnhanceFitness is an exercise program that has undergone scientific evaluation and measurably improves health outcomes for participants.

**Designed by Sound Generations, Group Health and University of Washington** – EnhanceFitness is a program owned and managed by Sound Generations in collaboration with the University of Washington Health Promotion Research Center. In 2013, a national partnership was entered into with the YMCA of the USA. The pilot program launched in 1993 at the Northshore Senior Center in Bothell, WA and currently has classes in 45 states and the District of Columbia, serving over 116,000 unduplicated participants to date.

**Train the Trainer System** – We have a national team of Master Trainers conducting New Instructor Training on an ongoing basis in person and online. To be an EnhanceFitness instructor, nationally recognized certification is recommended. All instructor candidates complete a 12-hour training that includes a class teach back.

**Holistic results** – Scientific results from the original study show that participants realized positive results in several key areas:

- 13% improvement in social function
- 52% improvement in depression
- 35% improvement in physical functioning

Additional studies have shown:

- Significant reduction in rehospitalizations and HMO utilization – overall increased health
- Participation associated with an estimated total annual medical cost savings of \$945/individual
- Consistent use of EF associated with the greatest reduction in risk of a medical fall, lowering risk by 26%

Interactive delivery via livestream pilot data has shown:

- 87%+ adherence rate
- 95% participant satisfaction rate
- Significantly improved knee physical function, quality of life and decreased pain interference

**Recognition** – Including:

- *Industry Innovator Award*, International Council on Active Aging
- *Innovation in Prevention Award*, US Health and Human Services
- *You Can! Program Champion*, US Administration on Aging
- *Outstanding Achievement in the Promotion of Physical Activity Award*, Washington Coalition for Promoting Physical Activity

EnhanceFitness is featured in the 2023 Physical Activity Guidelines for Americans Midcourse Report on Older adults as an impactful program engaging older adults across the nation in physical activity.

**What to expect in a class** – classes are an hour long and each class includes cardiovascular exercise, dynamic + static balance work, posture training, strength training and flexibility exercises. Cuff weights are used as appropriate. Classes are effective, social and FUN! EnhanceFitness is available in-person, livestream and in hybrid modes of delivery.

**Metrics** – Data is collected at the start of the program and again in 4 months. Participants will be able to track the improvements in upper and lower body strength, stamina and balance. Reports are customizable and available with messaging for a variety of partners.