



ENHANCE[®]
FITNESS

Move More, Have FUN and Feel Better



**Check out the Physical Activity Guidelines
Midcourse Report on older adults!**





Why evidence based?

Improve access to and quality of care:

- Strong evidence of **effectiveness** from research
- Evaluations are **peer reviewed**
- **Measurable, tracked** health outcomes
- **Replicable** in diverse communities and sites
- **Protocols** in place for training and assistance
- **Responsible** stewardship of funding
- Facilitates **concentration of limited resources on proven programs** – no need to start from scratch!



What is it?

EnhanceFitness (EF) is a low-cost, arthritis friendly evidence-based group exercise and fall prevention program that is proven to support older adults at all levels of fitness in becoming more active, energized, and empowered.





Arthritis and Falls: How does EF address both?



People with joint pain are at increased risk for falls*. Falls are multifactorial. This means that they involve and are dependent on a number of factors and causes.

EnhanceFitness (EF) addresses biological factors **by increasing mobility, balance and strength through consistent appropriate exercise.** EF also addresses psychosocial factors including depression, loneliness and social support **through consistent motivating social interactions with other class participants and a supportive instructor.**

* Learn more at <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/joint-protection/osteoarthritis-and-falls>

Classes

- 1 hour, two - three times per week
- 16-week sessions, or ongoing
- Trained instructors
- 25 participants per Instructor maximum in person, 12 online

Exercises

- Warm-up
- Aerobics + Cool-down
- Balance
- Strength
- Flexibility

Fitness Checks

- Upper/lower extremity strength and balance
- Baseline
- Measured at 16 weeks and ongoing



Remote Delivery

CLASS MODES

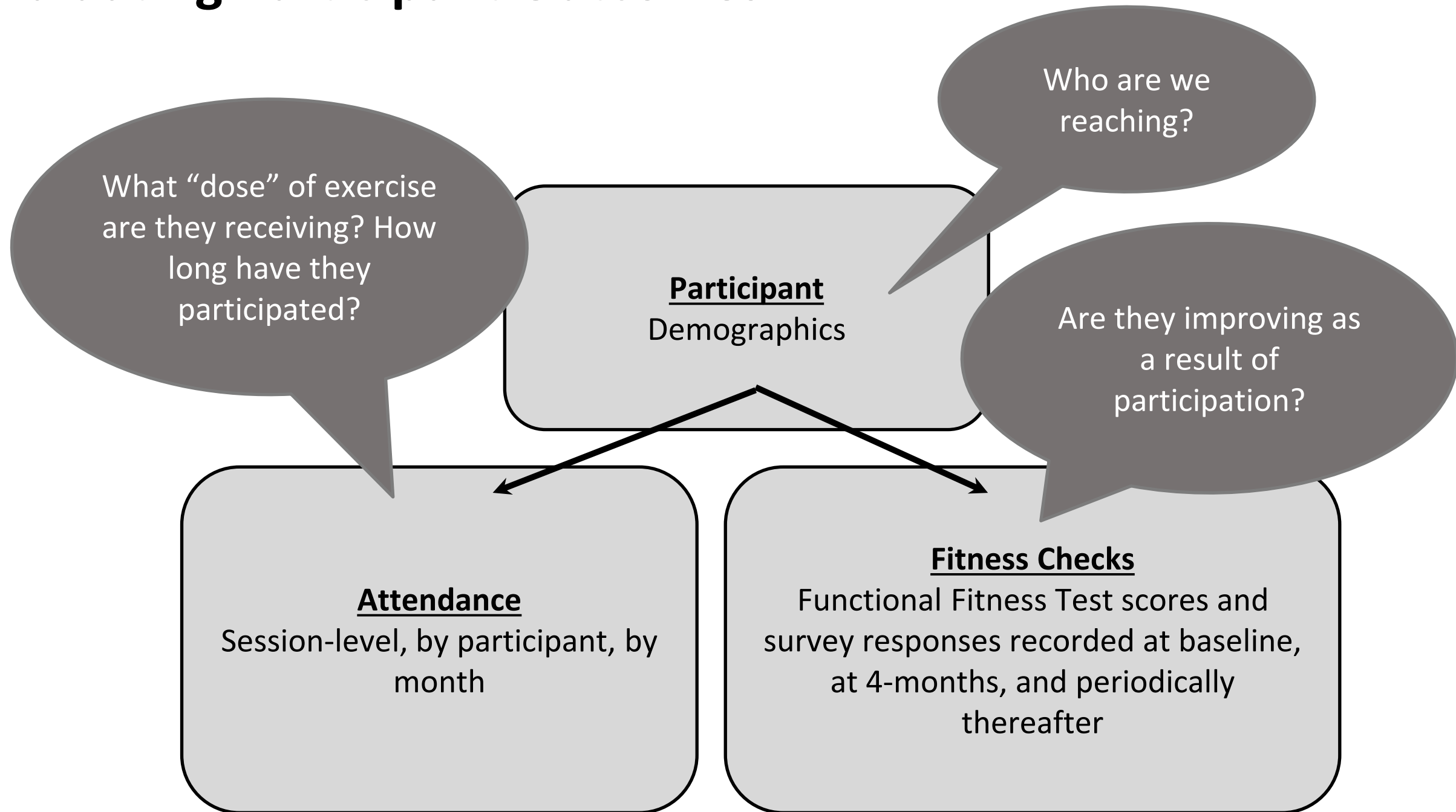


In Person



Hybrid (Both)

Evaluating Participant Outcomes





Proven Outcomes

- Maintains or improves physical function
- Protects against falls and fall injury
- Decreases depression
- Provides a social benefit
- Promotes a physically active lifestyle
- Reduces medical-care utilization costs - \$945/participant annually
- Saves healthcare costs for managed care plans
- Decreases skilled nursing costs
- Decreases unplanned hospitalizations

<https://projectenhance.org/what-is-an-evidence-based-program/citations/>



Launching EF at your organization

Next Steps:

1. Sign a License Agreement

By having a license with our affiliates, we enter into an agreement with you. Project Enhance supports affiliates in providing the program, while affiliates agree to provide the program according to its protocols. This relationship supports program safety, effectiveness, and sustainability. Quite simply, a license is a key to quality assurance. By having a license agreement in place, EnhanceFitness can be as widely accessible as possible while keeping it what it is: a program proven to improve health outcomes backed by a support structure that allows it to continue to adapt to meet emerging needs today.

2. Schedule your instructors for training

Training is regularly available and consists of two 4-hour interactive classroom days on zoom followed by a teachback to an EnhanceFitness Master Trainer at a mutually agreed upon time. Cost is \$250 and includes an Instructor Manual, access to private EnhanceFitness Instructor Group and continually updated resource portal. Learn more at <https://projectenhance.org/enhancefitness/upcoming-ef-trainings/>

For more information about:

Project Enhance programs www.projectenhance.org or contact

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Find a class: www.projectenhance.org/locations

