



## Fast Facts About EnhanceFitness

**EnhanceFitness is evidence-based** - What does evidence-based mean? EnhanceFitness is a program that has undergone scientific evaluation and has proven to be effective and have measurable results.

**Designed by Senior Services, Group Health and University of Washington** – EnhanceFitness is a program owned and managed by Senior Services in collaboration with Group Health Cooperative and the University of Washington Health Promotion Research Center. The pilot program was launched in 1993 at the Northshore Senior Center in Bothell, WA and currently has classes in 35 states, serving over 53,000 unduplicated participants.

**Train the Trainer System** – We have a national team of Master Trainers conducting New Instructor trainings on an ongoing basis. To be an EnhanceFitness instructor, nationally accredited certification or a background in PT or OT is highly recommended. All instructor candidates complete an in person 12 hour training with a teachback. In 2015, the American Council on Exercise partnered with EnhanceFitness to provide continuing education regarding exercise for participants with multiple chronic conditions.

**Holistic results – not just physical improvement** – 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
- Significant reduction in rehospitalizations and HMO utilization – overall increased health!
- Enrollees who attended EF an average of one visit or more per week had lower adjusted total healthcare costs in Year 1 (-\$1,929; P<.001) and Year 2 (-\$1,784; P<.001) than nonusers.

**Award winning** – EnhanceFitness has won many prestigious awards from highly recognized organizations, including:

- *Industry Innovator Award*, International Council on Active Aging
- *Award for Outstanding Achievement in the Promotion of Physical Activity*, Washington Coalition for Promoting Physical Activity
- *Innovation in Prevention Award, Non-Profit Category*, US Health and Human Services
- *You Can! Program Champion*, US Administration on Aging
- *One of Ten Exemplary Physical Activity Programs for Older Adults in USA*, National Council on Aging
- *Research Award*, National Council on Aging/National Institute of Senior Centers

**What to expect in a class** – classes are an hour long and are 4 classes-in-one including Cardiovascular, Dynamic/Static Balance Work, Posture, Strength Training and Flexibility Exercises. Cuff weights are used. Not only are classes effective, but fun too!

**Tracks and reports progress to participants** – 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 stakeholders.