



## Exercise Program Program Description

This low-cost, evidence-based exercise program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Based on solid research and tested at over 80 sites around the country, EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises—everything health professionals say that people need to maintain health and function as they grow older.

### CLASS SIZE AND STRUCTURE

EnhanceFitness classes are conducted by instructors who are nationally certified in Group Exercise Instruction and through EnhanceFitness. A typical class has up to 25 participants of varying abilities. Classes are one hour long and meet 3 times per week.

### CLASS CONTENT

Each class contains a warmup, cardiovascular section, strength training, balance exercises, and stretching. Each exercise can be done either standing or sitting based on ability. This class is for all, from “fit to frail”.

### CLASS OUTCOMES

Over 99% of participants say they would recommend EnhanceFitness to a friend. Why? The program is proven to:

- Increase strength. People who follow the program grow stronger, improve their balance, and become more limber.
- Boost activity levels. Even the unfit quickly find themselves able to do the things they want to do safely and independently.
- Elevate mood. Research shows that exercise can help prevent depression.
- EnhanceFitness participants say they feel better physically and emotionally.

For additional information on EnhanceFitness in Michigan, please contact Annemarie Hodges at [EFmichigan@gmail.com](mailto:EFmichigan@gmail.com) or 517-335-8402.

Please also visit the Project Enhance website: [www.projectenhance.org](http://www.projectenhance.org)