



## PROGRAM DESCRIPTION

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. Led by a certified instructor, classes are held three times a week in community settings and are a great workout. Each class may include up to 25 participants and participants may either be amongst peers of their own level of fitness or a group of various fitness levels from the frail to the more fit older adult.

## PROGRAM BENEFITS

Participants completing the program report experiencing:

- Increased strength
- Greater activity levels
- Decreased depression
- Improved social function

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. Each class offers:

- 5-minute warm-up
- 20-minute aerobics workout that gets participants moving, or a walking workout to lively music
- 5-minute cool-down
- 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- 10-minute stretching workout
- Balance exercises throughout the class
- Social interaction

## RESOURCES

Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

## WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with Arthritis<sup>1</sup>.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>1</sup>.
- 23.3% of adults with arthritis report engaging in no physical activity<sup>1</sup>.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations<sup>2</sup>.

## SOURCES

1. 2014 Utah BRFSS Report
2. 2013 Utah BRFSS Report

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