



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.

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, and EnhanceFitness participants say they feel better physically and emotionally.

The EnhanceFitness program does not require expensive equipment or a large space, so you can have it up and running at your facility in no time. Your certified fitness instructors will receive special training and a detailed manual, which will give them the expertise they need to lead three, one-hour classes each week.

enroll

To enroll your organization in the EnhanceFitness network, first obtain a license from Senior Services of Seattle/King County. The fee for your license also covers a complete turnkey package, which includes the following:

- Contract
- Implementation checklist
- Annual costs spreadsheet for working out expenses
- Marketing materials (updated biannually) to help recruit new participants into your EnhanceFitness program
- On-site instructor training (twelve hours over two consecutive days). Training covers program philosophy, history, implementation, recordkeeping, the EnhanceFitness workout, and outcomes-testing procedures. An additional day of training is available to EnhanceFitness instructors who would like to learn how to train other instructors. (Instructors must have taught the class for at least two months to take this training.)
- Instructor manual (updated annually)
- Instructor-trainer manual (updated annually)
- Participant guide (for participant to use when unable to attend class)
- Instructor monitoring and evaluation
- Annual workshop for instructors
- Email peer discussion group
- Annual outcomes reports

exploration

Many programs claim to improve the health of older adults. Few can demonstrate real results based on sound scientific research. From its beginning, EnhanceFitness has demonstrated measurable results.

Former University of Washington Health Promotion Research Center investigator, David Buchner, PhD, who is currently head of the Centers for Disease Control Physical Activity programs, and Elaine Cress, PhD, who is currently at the University of Georgia, designed the Lifetime Fitness Program, now known as EnhanceFitness. The pilot program began in 1993 at the Northshore Senior Center, in Bothell, Washington. The response from participants was immediate and overwhelmingly positive.

Even before the pilot study ended, participants were requesting that the program remain as a permanent exercise activity at the center. Not only were the center members excited about participating, but study measures showed that the group improved significantly in almost every dimension tested, from physical and social functioning to levels of pain and depression. The pilot results, published in the *Journal of American Geriatric Society*, showed that the program significantly improved overall fitness and health.

As of July, 2005, over 3,500 adults have participated in the EnhanceFitness program. The original independent study demonstrated that participants realized:

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

A cost analysis by the University of Washington on members of a local health management organization (HMO) showed that healthcare utilization costs of EnhanceFitness participants were 79% of nonparticipants' costs to their HMO after one year. Another study of participants in ethnic community sites with nutrition programs showed that these participants, although less physically fit to start with when compared to majority-white communities, showed greater improvement than those in majority-white sites.

EnhanceFitness has won awards from the Archstone Foundation, the National Council on Aging, and U.S. Administration on Aging. Research to refine and broaden the application of EnhanceFitness continues at the University of Washington Health Promotion Research Center under the leadership of James P. LoGerfo, MD, MPH, Professor of Medicine and Health Services Director.

For further information, see:

Wallace JI, et al. (1998). "Implementation and effectiveness of a community-based health promotion program for older adults." *Journal of Gerontology: Medical Sciences*, 53a(4): M301-M306. URL: www.americangeriatrics.org

Ackermann RT, et al. (2003). "Community exercise program use and changes in healthcare costs for older adults." *American Journal of Preventative Medicine*, 25(3): 232-7.

Snyder S, Belza B. (2005). "Eliminating disparities in communities of color through the Lifetime Fitness Program" [abstract]. *Preventing Chronic Disease* [serial online]. URL: http://www.cdc.gov/pcd/issues/2005/apr/04_0142j.htm

expansion

Washington Sites

Franklin County

Pasco Senior Activity Center, Pasco

Grays Harbor

Quinault Indian Nation Senior Center,
Taholah

King County

Auburn Senior Center, Auburn
Bayview Retirement Community, Seattle
Burien Park, Seattle
Burien-Highline Senior Center, Burien
Center Park, Seattle
Central Area Senior Center, Seattle
Chinese Baptist Church, Seattle
CRISTA Ministries, Seattle
Des Moines Activity Center, Des Moines
El Centro de la Raza, Seattle
Elderhealth Northwest, Renton
Elderhealth Northwest, South Branch,
Seattle
Filipino Community Center, Seattle
Foundation House, Federal Way
Garfield Community Center, Seattle
Group Health Central Campus, Seattle
Highline YMCA, Seattle
International Drop-In Center, Seattle
Kawabe Memorial House, Seattle
Kenmore Senior Program, Kenmore
Kirkland Senior Center, Kirkland
Magnuson Community Center, Seattle
Mercer Island Community Center, Mercer
Island
North Bellevue Community/Senior Center,
Bellevue
Northshore Senior Center, Bothell
Northwest Senior Center, Seattle
PAEP Hmong/Lao, Seattle
Peter Claver House, Seattle
Pike Market Senior Center, Seattle
Rainier Community Center, Seattle
Rainier Health and Fitness, Seattle
Senior Center of West Seattle, Seattle

Senior Services Lillian Rice Center,
Seattle

Shoreline Senior Center, Shoreline
Sno-Valley Senior Center, Carnation
Somali Community Services, Seattle
Southeast Senior Center, Seattle
Summit at First Hill, Seattle
Tukwila Community Center, Tukwila
Vashon-Maury Senior Center, Vashon
Wallingford Senior Center, Seattle
Westwood Heights, Seattle
Woodinville Senior Program, Woodinville

Kitsap County

Island Fitness Studio, Bainbridge Island
Suquamish Tribe, Suquamish

Pierce County

Active Day Adult Day Health, Tacoma
Good Samaritan Hospital, Puyallup
Puyallup Senior Center, Puyallup
Sumner Senior Center, Sumner

Snohomish County

East County Senior Center, Monroe
Everett Senior Center, Everett
Mill Creek Senior Program, Mill Creek
Lynnwood Senior Center, Lynnwood
Snohomish Senior Center, Snohomish
South County Senior Center, Edmonds
Stanwood Senior Center, Stanwood
Stillaguamish Senior Center, Arlington

Spokane County

East Central Community Center, Spokane

Thurston County

Lacey Senior Center, Lacey
South Sound Senior Center, Olympia

Whatcom County

Lynden Senior Center, Lynden

Washington Sites (continued)

Yakima County

Wapato Community Center, Wapato

National Sites

Florida

Church of the Ascension, Miami
Driftwood Terrace, Hollywood
First Assembly of God, Florida City
Griffin Gardens Apartments, Fort
Lauderdale

Maine

Friends of Community Fitness, Sangerville
Penobscot Bay YMCA, Rockport
University of Southern Maine Lifeline,
Portland
Waldo County YMCA, Belfast

Massachusetts

The Clubs at Charles River Park, Boston
The Beacon House, Boston

Michigan

Grandville Senior Center, Grandville
Kalamazoo YMCA, Kalamazoo
Lowell Senior Center, Lowell
Mecosta County Senior Center, Mecosta
Merrill Residence, Kalamazoo
Plainwell Senior Center, Plainwell
Portage Senior Center, Portage
United Methodist Community House,
Grand Rapids
Vicksburg Senior Center, Vicksburg
Westland Meadows, Kalamazoo
Wyndham Retirement Apartments,
Kalamazoo

New York

Enfield Community Center, Ithaca
Louise Corning Center, Albany
McGraw House, Ithaca
Lifelong, Ithaca

Oregon

Ambleside Meal Center, Gresham
Fook Lok Meal Center, Portland
Tigard Meal Center, Tigard

South Carolina

Lowcountry Senior Center, Charleston

Texas

Acres Homes Multi-Service Center,
Houston
Beall Village, Houston
Denver Harbor Senior Center, Houston
Independence Heights, Houston
Indochinese Community Center, Houston
J.W. Peavey Multi-Service Center,
Houston
Kashmere Multi-Service Center, Houston
Magnolia Multi-Service Center, Houston
Pleasant Village, Houston
Ripley House Community Center, Houston
Third Ward Multi-Service Center, Houston
Tri-Community Center, Houston
United Way Bay Area Service Center,
Houston
Westend Multi-Service Center, Houston

Washington, DC

Model Cities Senior Wellness Center

empower

2004 Annual Report

A Participant's Story

"This program keeps me involved in the physical activities that are necessary to keep me healthy and active. I have found that I am stronger, more agile and actually feel more positive about 'old age' and the possible problems that may arise. Thank you for this program." - a participant at Lifelong in Ithaca, NY



Outstanding 2004 Achievements

- EnhanceFitness went to Beijing, China, in October to train a number of physicians to implement and instruct EnhanceFitness classes. Over 20 participants took part in the week-long training session.
- The University of Washington Health Promotion Research Center (HPRC) provided funding (from the CDC) for EnhanceFitness to develop a video for participants and instructors.
- Thanks to funding from the University of Washington HPRC and Aging & Disability Services, EnhanceFitness classes have expanded to 9 new under-served ethnic populations:
 - The Bellevue Senior Center, Highline Senior Center, and Wapato Community Center (serving Spanish-speaking participants)
 - Quinault Indian Nation Senior Center
 - Center Park (serving predominantly Korean participants)
 - Filipino Community Center
 - Pacific Asian Empowerment Program (serving predominantly Hmong- and Laotian-speaking participants)
 - Peter Claver House (serving predominantly Asian residents)
 - Garfield Community Center (serving predominantly Vietnamese elders)
- The Director of Project Enhance presented on a panel with the Assistant Secretary of the Administration on Aging at the Steps to a Healthier US Summit in April as well as at the YMCA Pioneering Healthier Communities national meeting, the American Dietetic Association Geriatric meeting, and the Washington Association on Area Agencies on Aging meeting.
- Working with the National Council on Aging, Project Enhance assisted in developing a web-based tool that assesses an organization's capacity and willingness to adopt evidence-based programs, specifically the EnhanceFitness and EnhanceWellness programs. (The tool is based on Everett Rogers' Diffusion of Innovation model.) 199 senior centers from Washington, Texas, Florida and California completed the survey. Each center will receive a summary report of their capacity and willingness to implement EnhanceFitness.

Knowledge is power. The following represents key data and achievements related to EnhanceFitness during 2004.

Profile of Clients (2004)

3,042 people participated in EnhanceFitness at all sites (an 18% increase from 2003).

- 82% are female.
- 20% are people of color (up from 16% in 2003).
- 91% are age 65 or older.
 - 57% are age 75 or older.
 - 14% are age 85 or older.
- 41% report their income as “low” or “very low.”
- 44% live alone.
- 18% have a disability.
- 6% speak limited or no English.
- 7% are immigrants or refugees.

EnhanceFitness Sites

- There are 92 EnhanceFitness sites nationally:
 - 59 EnhanceFitness sites are in Washington.
 - 33 EnhanceFitness sites are in other states: 4 in Maine, 2 in Massachusetts, 8 in Michigan, 4 in New York, 3 in Oregon, 10 in Texas, 1 in South Carolina, and 1 in Washington D.C.
- 17 new EnhanceFitness sites were implemented in 2004.

Outcomes Results (February, June, and October 2004)

- 2,552 participants (84% of total enrollment) were tested at least once in 2004. Of these, 812 (32%) tested twice, and 480 (19%) tested all three times.
- 528 were new participants, attending EnhanceFitness and participating in outcomes testing for the first time in 2004. Of these new participants, 446 had follow-up testing for comparison within 2004. The mean scores for these new participants showed significant improvement from baseline in all three physical function tests:

- Chair Stand test, a measure of lower-extremity strength
- Arm Curl test, a measure of upper-extremity strength
- Timed 8-foot Up-and-Go test, a measure of lower-extremity strength and balance

- 1,849 (92%) of both new and continuing participants who answered the question (N=2,000) reported at least once during the year that their physical abilities had maintained or improved as a result of participating in EnhanceFitness, reporting 3 or higher on a scale of 1 (No Improvement) to 5 (Great Improvement). 1,366 (68%) reported a 4 or higher.

Staff Training and Education (2004)

- The Annual Instructor Workshop was conducted in January.
- 11 new instructor trainings were conducted: 8 local, 2 national, and 1 international.
- 111 new instructors, substitutes, assistants and staff received EnhanceFitness training.
- 71 EnhanceFitness instructors were monitored by the EnhanceFitness Trainer/Monitor.



EnhanceFitness is managed by Senior Services of Seattle/King County and Group Health Cooperative in collaboration with the University of Washington Health Promotion Research Center.

