



## What is EnhanceFitness?

EnhanceFitness (EF) is a low-cost, evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered.

“The women & men in the group are a great support system to keep me motivated to continue to exercise. EnhanceFitness has become a necessary element in my life.”  
– An EnhanceFitness Participant

You can recognize an EnhanceFitness class by the relaxed atmosphere and the laughter in the room—whether offered in-person or remotely. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility.

EnhanceFitness participants are led by a certified instructor with special training to bring out the physical best from older adults. A typical one-hour session includes:

- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobic workout that gets participants moving

