



What is EnhanceFitness®?

EnhanceFitness® is an exercise program that improves cardiovascular fitness, strength, flexibility, and balance. The program helps build relationships among participating seniors, creates an exercise environment that is fun and friendly. Moreover, it has been scientifically-tested and has been shown to improve health and reduce health care costs among regular participants.

Who can participate?

Individuals age 50 and older are welcome to join.

Why join?

Exercise can reduce the risk of heart attacks and high blood pressure. It can also help lower cholesterol levels, increase strength and flexibility, improve mental functioning and reduce the risk of falls.

What Types of Exercises Will Class Participants Do?

- Balance
- Cardiovascular
- Flexibility
- Strengthening

About Maui Participants

- 642 individuals have participated in the program to date (May 2016)
- Ages: 7% are less than 60 years, 27% are 60-69, 34% are 70-79, 22% are 80-89, and 9% are 90+
- Many participants have chronic conditions: 34% hypertension, 39% arthritis, 17% diabetes, 13% cancer, 11% depression, 9% heart disease, 8% lung disease.

Preliminary Outcome Data from Maui

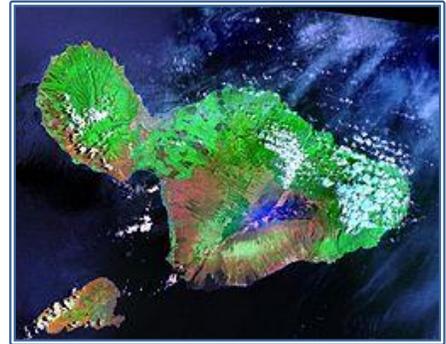
- EnhanceFitness® seniors are extremely satisfied with the program, giving it an average rating of 9.5 out of 10.
- After 16 weeks with EnhanceFitness, 100% reported they would take the class again.

Participants show improvement in measures of physical function:

Observed Impact of EnhanceFitness®		
Measurement	Description	% Improvement
Arm curls (# reps)	Tests upper-body strength	73% more
Chair stand (# stands)	Tests lower-body strength	75% more
Up and go (sec)	Measures transfer ability; a key indicator of risk for falls	78% faster

Where and when are classes offered?

Classes are one hour in length and are offered three times weekly at the following locations on Maui:



EF Class Site	Days	Time
Hale Kupuna O Lanai	Monday, Wednesday, Friday	2:00 p.m.
Hale O Lanakila (Wailuku)	Monday, Wednesday, Friday	10:30 a.m.
Holy Rosary (Paia)	Monday, Tuesday, Thursday	9:00 a.m.
Kahului Union Church	Monday, Wednesday, Friday	7:30 a.m.
Kahului Union Church	Monday, Wednesday, Friday	8:45 a.m.
Kalama Heights (Kihei)	Monday, Wednesday, Friday	10:30 a.m.
Makawao Hongwanji	Tuesday, Thursday, Saturday	8:30 a.m.
Mayor Hannibal Tavares Community Center	Monday, Tuesday, Thursday	10:30 a.m.
Maui Powerhouse Gym (Kihei)	Monday, Wednesday, Friday	11:15 a.m.
Maui Powerhouse Gym (Kihei)	Monday, Wednesday, Friday	12:45 p.m.
Roselani Place (Kahului)	Monday, Wednesday, Friday	9:00 a.m.
St. Anthony's Church (Wailuku)	Monday, Wednesday, Thursday	4:30 p.m.
West Maui Senior Center (Kaunoha Lahaina)	Monday, Tuesday, Thursday	4:00 p.m.

Please note that some classes may have a waitlist.

**For more information on EnhanceFitness®,
Contact EnhanceFitness® Master Trainer Paula Keele
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EnhanceFitness® is provided through a partnership of
Maui County Office on Aging, Hawaii State Executive Office on Aging
and the University of Hawaii