

# Enhance Fitness Program

## Helping you be more active and energized

The Kansas Department of Health and Environment partners with the Kansas State Alliance of YMCAs to offer Enhance Fitness. Enhance Fitness is a group exercise program designed to help older adults at all levels of fitness become more active, energized and empowered to sustain independent lives.

Enhance Fitness supports the Centers for Disease Control and Prevention's recommendation of physical activity as the best non-drug treatment for arthritis, but the classes are beneficial to anyone looking to start an exercise program.

During Enhance Fitness exercise sessions trained and certified instructors lead participants through a brief warm-up, several minutes of aerobic exercise, strength training, stretching, balance exercises and a brief cool-down. These one-hour classes are designed to be fun, relaxed and provide opportunities for participants to socialize.

### A typical class includes:

- A certified instructor with special training in bringing out the physical best from older adults
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Balance exercises throughout the class
- Lots of opportunities for participants to make new friends and acquaintances



### Get Started

Classes are currently offered at the following YMCA branches: Junction City, Kansas City, McPherson, Salina and Wichita. Classes are scheduled to begin at the Garden City and Topeka branches in summer 2016. The cost of the program varies by location and YMCA membership.

For more information visit <http://www.projectenhance.org/enhancefitness.aspx> or contact Lianna Bodlak Director of Medical Based Programs at the Greater Wichita YMCA, Lianna.bodlak@ymcawichita.org or 316-219-9622 ext 5578.