



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN NEVER RETIRES

## Enhance®Fitness—Treating Arthritis through Fun, Laughter, and Friends

### Billings Family YMCA

#### PROGRAM OVERVIEW

Enhance@Fitness is a proven community-based program. Its purpose is to help older adults become more active, energized, and empowered for independent living. EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging.

#### IN EACH ENHANCE®FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training to bring out their physical best
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce arthritis symptoms.
- A relaxed atmosphere that encourages social interaction, which is proven to be a vital part of senior health and well-being.

#### WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.



#### PARTICIPANT SATISFACTION

Over 99% of participants say they would recommend Enhance@Fitness to a friend

