**Enhance Fitness Program**

ProjectEnhance is looking forward to making a big difference in the lives of older adults in Oregon! First off, here is a little bit more about who we are:

The award winning EnhanceFitness (initially known by the name Lifetime Fitness) physical activity program for senior adults was developed by Senior Services (Seattle, WA) in partnership with the University of Washington and Group Health Cooperative in the mid 1990's. Senior Services has managed the dissemination of EnhanceFitness since inception, while the University of Washington Health Promotion and Research Center (UW HPRC) offers scientific consultation.

We have served 48,000+ older adults with 500+ classes nationally through the years. In 2006, EnhanceFitness was adopted by the CDC Arthritis Program. In January of 2013, we partnered nationally with the Y of USA and so expect continued growth in the number of older adults we are able to serve with this low-cost, evidence-based group exercise program held at community sites, retirement communities, public housing, Ys and many other locations. EnhanceFitness helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Attached is a link to a press release for a recently completed study by CMS – EnhanceFitness topped the list of proven programs with reduced healthcare costs and reduced hospitalizations.

Interested in becoming an EnhanceFitness affiliate? Find out more by visiting our website at <projectenhance.org>. Under the Enroll tab, you’ll find a planning budget and implementation guide. We have quarterly trainings in Seattle for instructors (covered under your license/training fee) as well as twice yearly Master Trainer trainings nationally – we’d love to have you become a licensed affiliate and join us at our July training! Doing a training in Oregon is a good option too - since Oregon is a CDC Arthritis Program State, we can train an EnhanceFitness Master Trainer for a licensed affiliate and *waive the $2,000 fee* – a great savings!