



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

FOR IMMEDIATE RELEASE

North Suburban YMCA Introduces Enhance® Fitness Arthritis Management Program

Northbrook, IL: September 2018 – The North Suburban YMCA is expanding its range of wellness classes for older adults with the introduction of the new Enhance® Fitness Arthritis Management Program. EnhanceFitness is a proven community-based senior fitness and arthritis management program that helps older adults become more active, energized, and empowered for independent living. The class meets three days a week beginning September 24 at the NSYMCA, 2705 Techny Road in Northbrook.

Currently offered through more than 200 Y associations nationwide, EnhanceFitness welcomes older adults at all fitness levels. Participants in the program work with a certified, specially trained instructor to practice exercises focusing on cardiovascular endurance, strength, flexibility, and balance, which can help reduce the severity of arthritis symptoms. The class also fosters an atmosphere of social interaction, which is a vital part of health and well-being for older adults.

The EnhanceFitness program has shown dramatic results on a national level, including:

- 90% participant retention rate
- 13% improvement in social functioning
- 35% improvement in physical functioning
- 53% improvement in depression
- 26% decreased risk of a medical fall
- Fewer hospitalizations and \$945 less in health care costs per year than nonparticipants.

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging.

The EnhanceFitness program is one of five Integrated Health Initiatives launched at the NSYMCA in honor of its 50th anniversary. The Y will align its Health and Wellness programs with Y-USA's suite of chronic disease prevention programs through partnerships with other Ys, hospitals and other health providers. Funding will also help build the NSYMCA's capacity to run these programs independently. The other Integrated Health Initiatives include Diabetes Prevention, LIVESTRONG, blood pressure self-monitoring, and Moving for Better Balance programs.

For more information about EnhanceFitness or other health programs at the North Suburban YMCA, visit NSYMCA.org or contact Senior Wellness Director Megan Vazquez, mvazquez@nsymca.org.



Photo Caption: The new Enhance®Fitness program at the North Suburban YMCA provides specialized instruction in a fun, social atmosphere, with exercises that alleviate arthritis symptoms and other challenges of aging.

About the North Suburban YMCA

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.