

# Enhance Fitness

## Evaluation Report

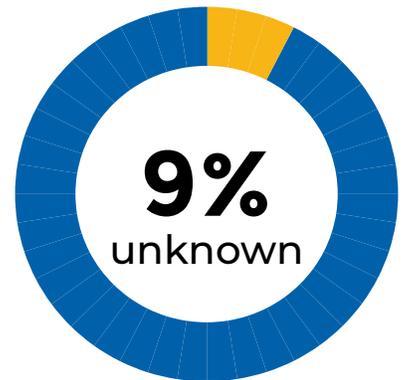
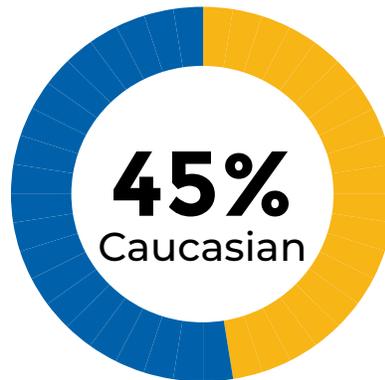
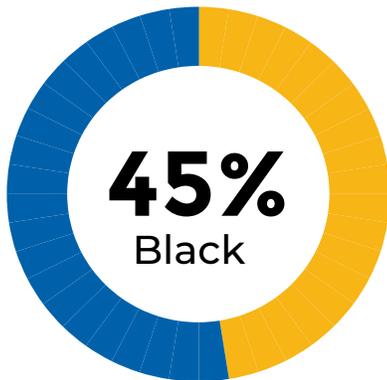
May 2021

### Program Overview

Enhance® Fitness is an evidence-based, group exercise program designed for adults of all fitness levels. The program was adapted by NCHPAD to provide guidance to instructors for creating a program inclusive of people with disabilities. The Inclusive Enhance Fitness program was pilot tested at Lakeshore Foundation between November 2020 and February 2021. Participants completed pre- and post-program fitness assessments as well as self-report of satisfaction and experience with Enhance Fitness.

A total of 11 participants were enrolled in the Inclusive Enhance Fitness Pilot. Those enrolled represented individuals with stroke, multiple sclerosis, arthritis, cancer, hypertension, heart disease, diabetes spinal cord injury, Parkinson's disease, and chronic pain.

### Participants Identified as:



45%

of the participants were 70-79 years old

55% Female



45% Male



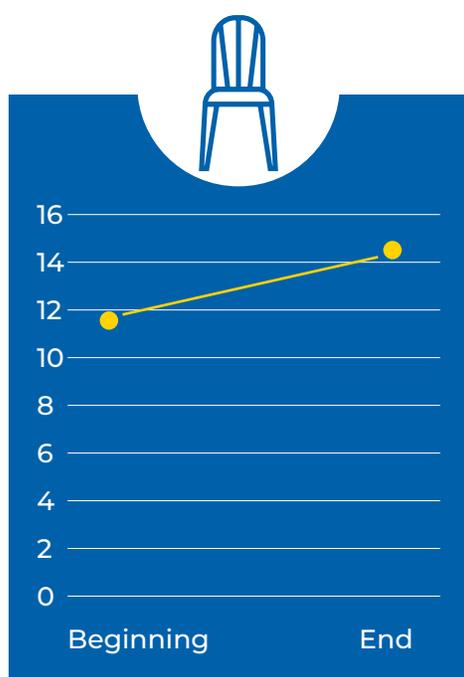
# Results

## Attendance Rate

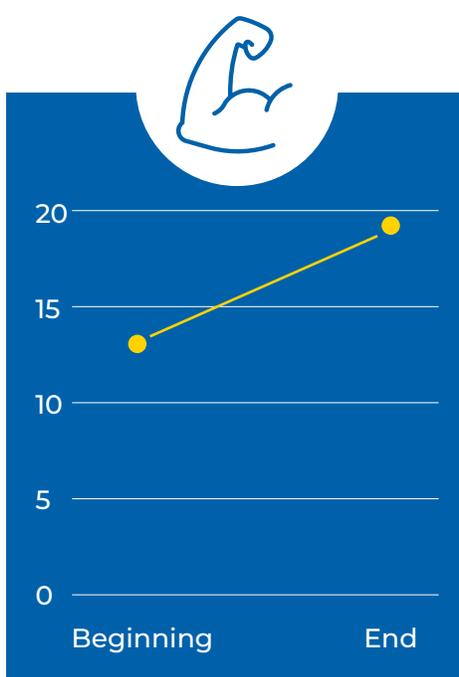
The overall attendance rate was 87%, which means participants attended an average of 18 out of 21 classes offered.

# 87%

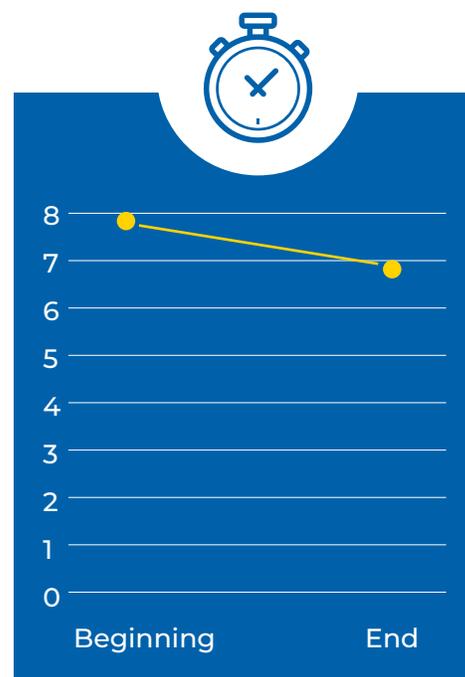
## Performance Tests Results



Chair Stands



Arm Curls



Up and Go

# Results

Beginning

11.9 reps

End

14.4 reps

## Chair Stands

After 4 months of participating in Enhance Fitness, participants who completed the chair stands fitness check improved. Participants were asked to stand from a seated position as many times as possible in 30 seconds. On average, participants completed 11.9 repetitions before Enhance Fitness and completed 14.4 repetitions after.

Beginning

14.2 reps

End

19.7 reps

## Arm Curls

After 4 months of participating in Enhance Fitness, participants who completed the arm curls fitness check improved. Participants were asked to complete as many arm curls as possible in 30 seconds. On average, participants completed 14.2 arm curl repetitions before Enhance Fitness and completed 19.7 arm curl repetitions after.

Beginning

7.9 seconds

End

6.8 seconds

## Up and Go

Participants were asked to stand up from a chair, walk around a cone 8 feet away, and return to sit back down in the chair as quickly as possible. On average, participants improved, completing the task more quickly after completing the Enhance Fitness program.

Participants were asked if they felt Enhance Fitness improved their physical abilities on a scale of 1 (no improvement) to 5 (a great deal of improvement):



# Satisfaction



What were the most helpful adaptations?

- Seated options for exercise
- Holding the chair to improve balance
- No pressure to do exercises a certain way



What were your goals for attending the Enhance Fitness program?

- Strength – gain or maintain
- Improve balance
- Lose weight
- Routine of exercise
- Improve health
- Increase activity, participate in a different activity



What helped you feel included in the exercises?

- The instructors
- No one was ever singled out
- Attention was given to every exercise
- Alternatives presented for each exercise, could choose what was right for you
- Warm and accepting atmosphere from instructors and participants

# Satisfaction



6 participants felt they met their goals for the program, 2 felt they partially met their goals for the program



All respondents said that they felt they were included in all exercises (n=7)



Those who used adaptations were very satisfied (4) or satisfied (1) with the adaptations



All respondents reported they were very satisfied (7) or satisfied (1) with the Enhance Fitness at Lakeshore Foundation.

## Participant Testimonials

Lakeshore has outstanding leadership and they are worthy to emulate

Doing it to music helped a lot. You forget what you're doing and having fun... now we are all asking to do it again!

Two instructors was helpful to have one seated and one standing.

It was a fun class, everyone seemed to enjoy the workout. After 12 weeks, everyone in the class felt closer to the other participants.

The only bad thing to say is that its over. I really improved. This class, they made it so much fun, the class got very close....it was all good!

The neat thing was that some days you're tired and don't feel like working out but there was something there that kept you coming back.

It was a diverse membership in the class. I wish there could have been more people. I hope they'll keep on with it.

