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Old Colony YMCA's Easton Branch to Offer Enhance® Fitness, a Program that Treats Arthritis through Fun, Laughter and Friendship

*Program proven to reduce arthritis symptoms and increase physical function in
a social atmosphere*

The Easton branch is offering Enhance Fitness, an evidence-based physical activity program proven to increase the physical, mental and social functioning of older adults – particularly those with arthritis.

According to the Centers for Disease Control and Prevention, 52 million Americans have arthritis, including about half of all adults over age 65. Almost 23 million Americans report that arthritis limits their physical activity. Research has shown that low-intensity physical activity performed on a regular basis can reduce pain, improve functioning, elevate mood and delay the onset of disability.

Participants in EnhanceFitness will receive three, one-hour classes per week from certified Y staff that include proven aerobic, strength training, balance and flexibility exercises that are safe, effective and modifiable for a variety of fitness levels. Fitness assessments will be conducted every four months to track participants' progress. In addition to physical benefits, the program will provide a fun, social atmosphere that fosters relationships between program participants.

The Old Colony Y was one of 20 Ys in the U.S. to receive an EnhanceFitness implementation grant, funded through a partnership between the Y's national resource office, YMCA of the USA, and the National Association of Chronic Disease Directors with support from the Centers for Disease Control and Prevention. EnhanceFitness is offered at YMCAs across the country through a licensing agreement with Senior Services, Inc., the Seattle-based non-profit organization that developed the EnhanceFitness program model.

"With a mission centered on balance in spirit, mind and body, the Y strives to be a leading voice for health and well-being in our community so that all people, no matter what their circumstance or age, can achieve greater health," said Serah Selmon, Executive Director of the Easton Branch. "Providing healthy aging programs is a priority for the Y, especially as the number of older adults continues to increase. We are excited to collaborate with the National Association of Chronic Disease Directors and Senior Services to offer older adults the support they need to build physical strength and decrease arthritis symptoms in a fun atmosphere."

EnhanceFitness will be available to adults. The program will begin September 3rd. Classes will be on Monday, Wednesday, and Friday from 1-2pm at the Easton YMCA, 10 Barrows St. location. The cost of the program is free for YMCA members and \$100 for non-members for a 16 week session. Financial Assistance is also available. For more information contact Darcy Paiva 508-238-9758 or Dapaiva@oldcolonyymca.org.

About Senior Services, Inc.

Senior Services offers a comprehensive network of services promoting the emotional, social, and physical well-being of more than 60,000 older adults and their families throughout King County, WA and supports nationally disseminated evidence-based fitness and wellness programs. Since 1967, Senior Services has been a leader in connecting older adults with high quality programs and senior centers that support them to live active lives while enabling them to make their own choices to suit their lifestyles and preferences. Senior Services has been a major player in the aging field for more than 45 years. For more information, visit: www.seniorservices.org