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FOR IMMEDIATE RELEASE

## ENHANCE FITNESS DESIGNED FOR PEOPLE OF ALL ABILITY LEVELS

Staying active and connected is an important way to get through this Michigan winter. The Chelsea Senior Center offers a lot of programs to help older adults stay healthy and active this time of year. A popular program offered at the Center is an evidence-based exercise program called Enhance Fitness (EF). This program is a low-cost, highly adaptable exercise program offering levels that are challenging and safe for older adults of all ability levels. One-hour group classes include stretching, flexibility, balance, low-impact aerobics, and strength-training.

Pat Flinn has been an EF participant for nearly six years. “After I lost my husband, I needed to have a purpose to get out and stay active. I dragged my sister Jan to this exercise class and we’ve both been enjoying the physical benefits and friendships we’ve made. We have some members who stay in their chairs to exercise, but I like to challenge myself with extra weights, extra repetitions, and a faster pace. It’s adaptable to your own needs, that’s what makes it so great.”

The outstanding success of Enhance Fitness is its positive participant outcomes. EF participants have shown a 52% improvement in depressive symptoms and 35% improvement in physical functioning. The Centers for Medicare and Medicaid Services (CMS) also published a study showing that Enhance Fitness showed promising evidence to drive down total healthcare costs, decrease unplanned hospitalizations, and decrease mortality rates for participating Medicare beneficiaries.

The Chelsea Senior Center partners with the National Kidney Foundation of Michigan (NKFM), who currently holds licensing for EF programs in 26 sites throughout Metro Detroit and Flint. All EF instructors are group exercise and CPR certified, but also receive a special EF training and certification. Twice a year, NKFM staff come out to Chelsea and run fitness checks to measure EF participants’ physical status. These fitness checks measure any change in physical ability, upper and lower body strength or endurance, and balance.

Ken and Vi Johnson are new Chelsea residents who moved here from Minnesota to be closer to family. In their 80’s, the Johnsons realized they were not getting the exercise they needed and made a

commitment after Vi's hip surgery to get back in shape. "The program is very good and manageable. The instructor is always very encouraging and reassures us that it's OK to do it at your pace. We've been in the program for two months and can recognize changes in the way we walk and are looking forward to being more physically fit."

The Enhance Fitness program is offered at the Chelsea Senior Center and free demos will be held at the new Grass Lake Senior Center, which opens on March 24<sup>th</sup>.

- EF class times at the Chelsea Senior Center are Mondays, Wednesdays, and Fridays from 10:30-11:30 a.m. with a new evening class on Mondays at 6:30 p.m. Class fees are \$3 per class or \$22 for an 8-session card. Through a partnership with Washtenaw Community College, the Wednesday morning EF class at the Chelsea Senior Center is free through April 9th.
- EF demos will be offered at the Grass Lake Senior Center on Tuesdays at 10:00 a.m. The first six weeks of demos in Grass Lake will be free, thanks to a sponsorship from IHA Chelsea Family & Internal Medicine clinic.

Please call (734) 475-9242 or email [chelseaseniors@aol.com](mailto:chelseaseniors@aol.com) for more information about Enhance Fitness or other wellness programs offered at the Chelsea Senior Center including Tai Chi, yoga, Movin' and Groovin', ballroom dancing, line dancing, and pickleball.

The Chelsea Senior Center is a 501(c) 3 nonprofit located in the Washington Street Education Center at 512 E. Washington Street, Chelsea, MI and center hours are Monday-Friday from 9 a.m. to 4 p.m. The satellite Grass Lake Senior Center is located at 373 Lakeside Drive and will be open Tuesdays and Thursdays from 10 a.m. to 2 p.m. Our mission is to promote, encourage, and organize activities that address the physical, social, and emotional concerns of Chelsea area senior citizens and their families.

For more information about the Enhance fitness program, please visit [www.nkfm.org/Enhance-Fitness](http://www.nkfm.org/Enhance-Fitness). The mission of the National Kidney Foundation of Michigan is to prevent kidney disease and improve the quality of life for those living with it. Since its inception, the NKFM has led the fight against kidney disease and is widely known for providing more programs and services to more people than any other region or state. The NKFM was recently ranked #1 in the category of Diseases, Disciplines, and Disorders by Charity Navigator, the nation's largest and most-utilized evaluator of charities. The organization has also been recognized for its success in sound fiscal management by receiving a 4-star

rating, seven years in a row from Charity Navigator. In 2014, the NKFM was named in the “11 Top-Rated Charities that Changed the World in 2014” by the Huffington Post.

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Photo:

1. Ken and Vi Johnson staying active together
2. Enhance Fitness group with instructors Pam Mansfield (back row, 2nd from left) and Karen Brannon (front row, 3<sup>rd</sup> from left)
3. Sisters Pat Flinn and Jan Bergey share their enthusiasm with NKFM Senior Program Manager, Kristie King.