

READY STEADY BALANCE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 22, 2018 is National Falls Prevention Awareness Day. Join the Y and National Council on Aging and the Falls Free Coalition as we stand with older adults, caregivers, families, and health care professionals across the country to raise awareness to prevent falls.

Take the test or encourage an older adult to learn if they are at risk for falls.

WHAT IS YOUR RISK SCORE?

For each "yes" answer add the number of points listed:	YES	NO	Why this matters
I have fallen in the past year.	2	0	People who have fallen once are likely to fall again.
I use or have been advised to use a cane or walker to get around safely.	2	0	People who have been advised to use a cane or walker may already be more likely to fall.
Sometimes I feel unsteady when I am walking.	1	0	Unsteadiness or needing support while walking are signs of poor balance.
I steady myself by holding onto furniture when walking at home.	1	0	This is also a sign of poor balance.
I am worried about falling.	1	0	People who are worried about falling are more likely to fall.
I need to push with my hands to stand up from a chair.	1	0	This is a sign of weak leg muscles, a major reason for falling.
I have some trouble stepping up onto a curb.	1	0	This is also a sign of weak leg muscles.
I often have to rush to the toilet.	1	0	Rushing to the bathroom, especially at night, increases your chance of falling.
I have lost some feeling in my feet.	1	0	Numbness in your feet can cause stumbles and lead to falls.
I take medicine that sometimes makes me feel light-headed or more tired than usual.	1	0	Side effects from medicines can sometimes increase your chance of falling.
I take medicine to help me sleep or improve my mood.	1	0	These medicines can sometimes increase your chance of falling.
I often feel sad or depressed.	1	0	Symptoms of depression are linked to falls.

IF YOU SCORED A 4 OR HIGHER, then you may be at risk for falling. Discuss this result with your doctor.

TOTAL _____

HELPING YOU FEEL STRONG STEADY & SAFE

EnhanceFitness



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PROGRAM OVERVIEW

EnhanceFitness is a 16-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through specific exercises and special hand and ankle weights that allow you to move at your own pace.

DESCRIPTION

- 16-week program which includes:
 - 3 class sessions per week
 - Assessments at the beginning & end
- A certified instructor with special training
- A small group to help support participants
- A safe and comfortable environment to move at your own pace and encourage social interaction

WHAT PARTICIPANTS GAIN

- A positive social experience
- Improved balance and stability
- Improved muscle strength
- Improved flexibility
- Improved self-confidence
- Reduced stress
- Improved sleep
- Improved mental and emotional well-being

WHO QUALIFIES

EnhanceFitness welcomes older adults at all fitness levels and anyone looking to improve their strength, balance and mobility. The program is especially beneficial for older adults living with arthritis.

- **A YMCA membership is not required. Your first class is free, call the Y for more info 246-9622**

PROVEN RESULTS

Studies Show:

90% participant retention rate¹

13% improvement in social functioning¹

53% improvement in depression¹

26% decreased risk of a medical fall⁴

Fewer hospitalizations and \$945 less in health care costs per year than non-participants²

Participant Testimonial...

“This has been the best class for me. Initially, I was not able to stand up from the folding chair without support. Now I can stand without using my arms! My balance has improved and my flexibility. I’m looking forward to continuing on with the class. Sharon is the best instructor!!.”

**BARBARA | Enhance Fitness
Participant Shasta Family YMCA**

References:

1. Wallace JI, Buchner DM, Grothaus L, Leveille S, Tyll L, LaCroix AZ, Wagner EH. (1998). Implementation and effectiveness of a community-based health promotion program for older adults. *Journal of Gerontology* 53A(4): M301-M306.
2. The Centers for Medicare and Medicaid Services. (2013). Report to Congress: The Centers for Medicare and Medicaid Services' evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act. Washington: Government Printing Office.
3. Senior Services. (2013). What is EnhanceFitness?. Retrieved from <http://www.projectenhance.org/EnhanceFitness.aspx> and Y-USA evaluation findings.
4. Greenwood-Hickman MA, Rosenberg DE, Phelan EA, Fitzpatrick AL. Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011. *Prev Chronic Dis* 2015;12:140574