

# Enhance® Fitness: Group Exercise to Prevent Falls and Improve Muscular Strength and Endurance

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## BACKGROUND

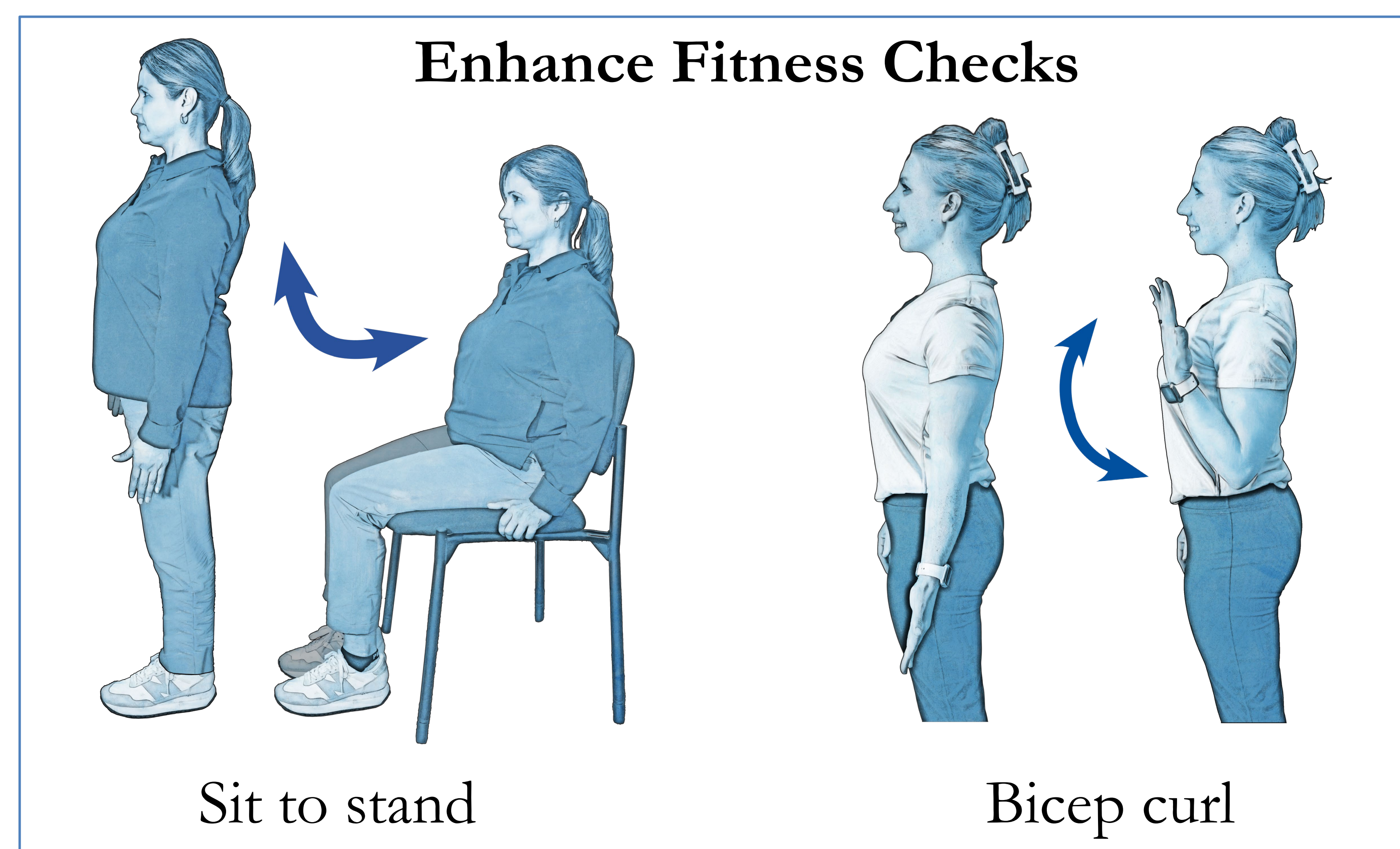
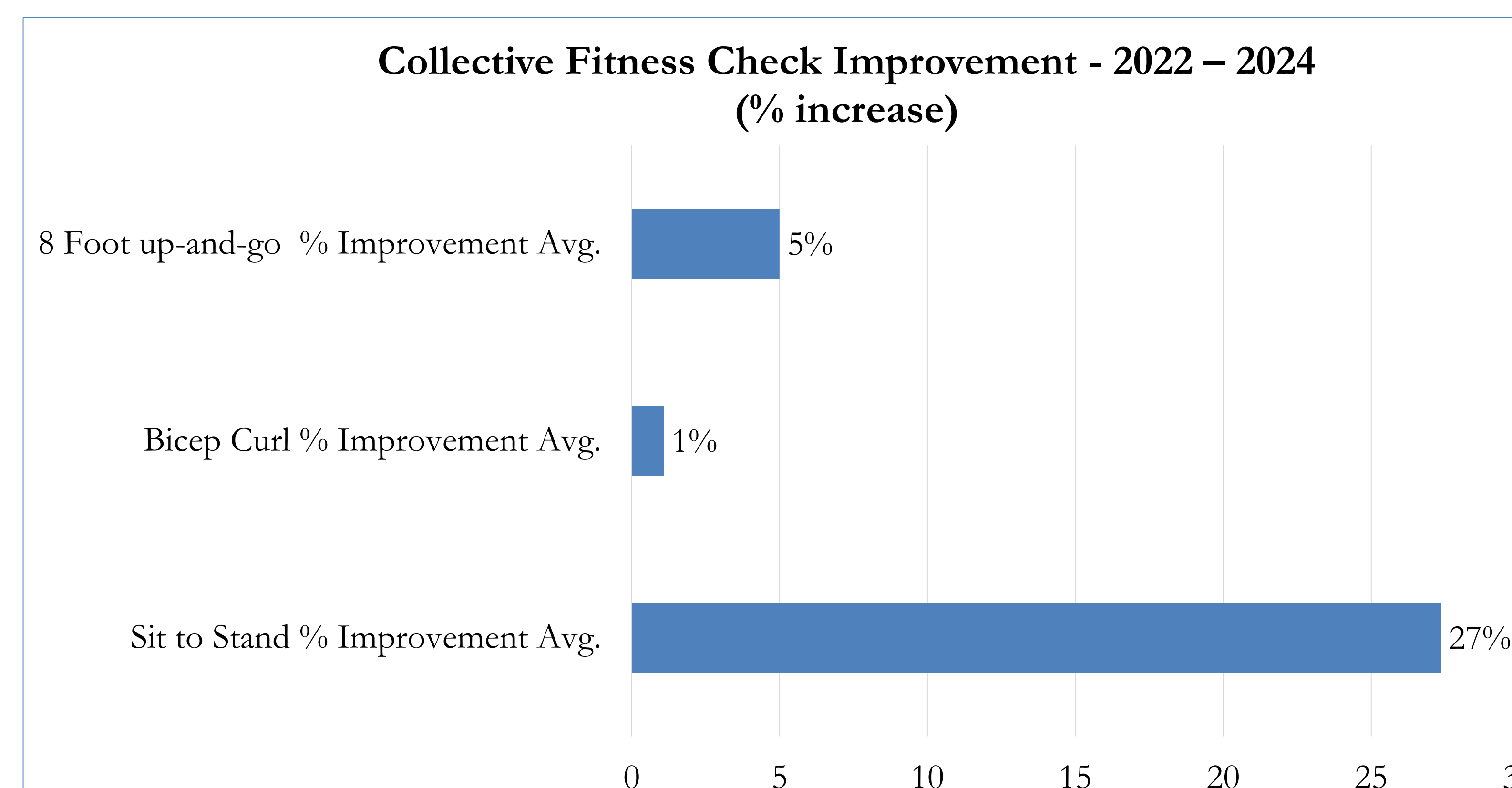
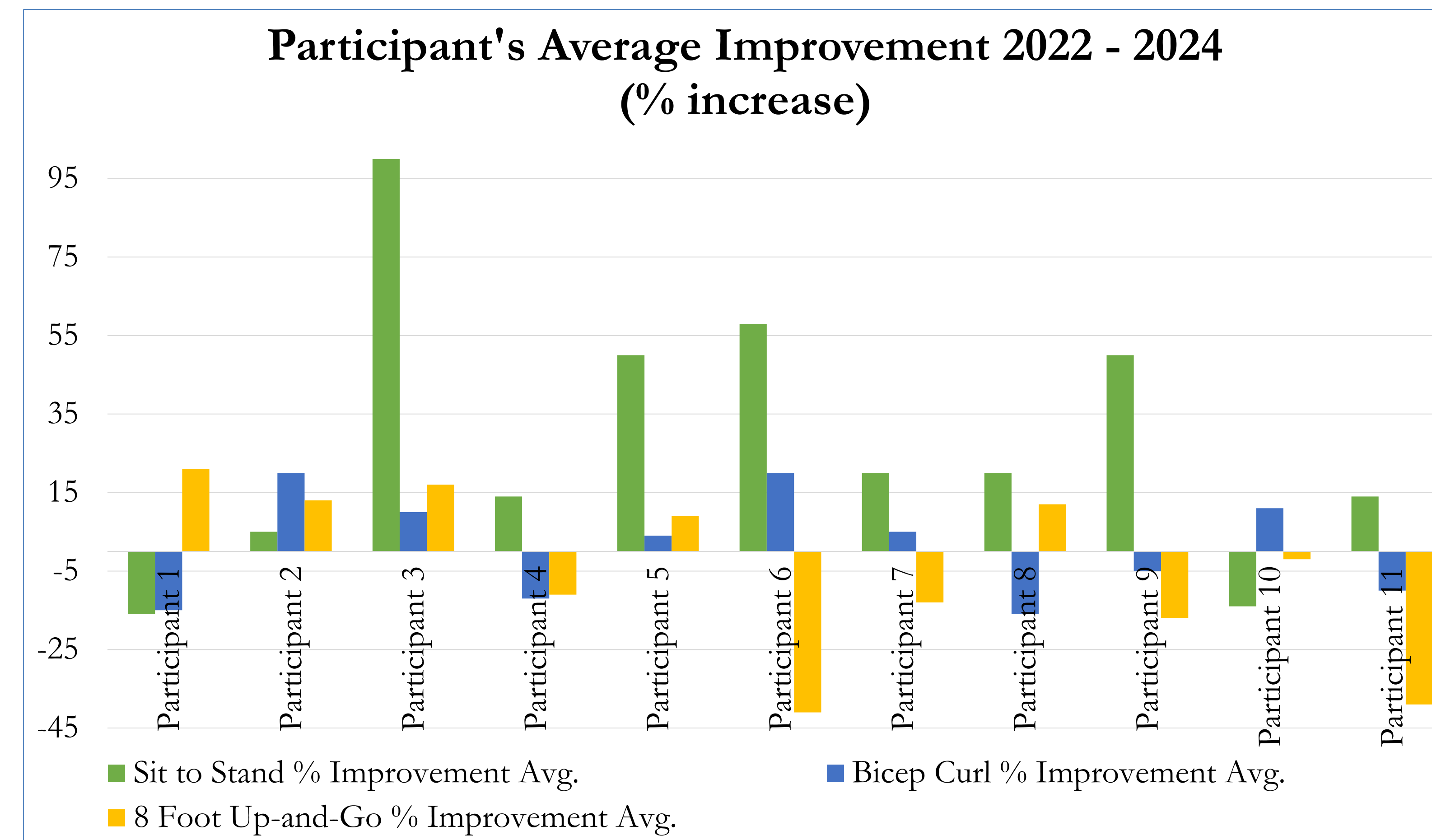
As the wellness arm of the hospital, the Healthy Living Institute (HLI) is proud to offer evidence-based education and classes that support all ages within the Southern Nevada community. The Senior Celebrations program, celebrating adults 50 and better, offer complimentary classes, educational opportunities, health screenings and evidence-based exercise classes. HLI proudly offers Enhance® Fitness, a group exercise and fall prevention program, that encourages older adults to stay healthy through cardiovascular exercise, muscular strength training, and flexibility. Each class is taught by a certified instructor who leads the 60-minute class through each fitness component, ensuring participant safety and motivation. Classes are taught at HLI 2 to 3 times per week.

## PURPOSE

As an evidence-based program supported by the National Council On Aging, adherence to Enhance® Fitness participation has shown to improve muscular strength, cardiovascular health, and mobility. HLI's implementation of Enhance® Fitness strives to provide the same outcomes with the data collection of individual participants' semi-annual fitness checks.

## METHODS

The efficacy of this program is proven in the semi-annual fitness checks conducted by HLI nursing staff and educators, who are also trained Enhance® Fitness instructors. A random pool of 11 participants' data was gathered and collected to chart strength and cardiovascular improvement over time. Questionnaires are provided to participants who answer questions related to their personal fitness, lifestyle and physical abilities. Upon completing the questionnaire, three fitness markers are tested: 30 second timed sit-to-stand, 30 second timed, weighted bicep curl, and timed 8 foot up-and-go test. Protocol on each marker is verbally instructed and physically demonstrated prior to testing.



## RESULTS

Based on the individual participant data collected semi-annually during 2022, 2023 and 2024, the sit-to-stand exercise showed the most dramatic improvement for the majority of participants. This test, in conjunction with the Enhance Fitness protocol, indicates positive outcomes in cardiovascular health, balance and leg strength. Additionally, the average percent (%) improvement for all three fitness checks showed progress. There was a collective increase in agility as demonstrated in the 8 foot up-and-go test, and a small (but noteworthy) improvement in muscular endurance as demonstrated in the bicep curl exercise. Data collected from the questionnaires from 2022 - 2024 noted that there were only five incidences of falls reported from three participants. No other participants reported falls as a result of Enhance® Fitness adherence.

## CONCLUSIONS

The Healthy Living Institute finds value and purpose in the implementation of Enhance® Fitness for older adults. The compilation of the participants' data and the tracking of each individual's



fitness markers over time shows positive trends that support the efficacy of Enhance® Fitness and its importance in supporting physical health and wellbeing. Although the process of aging is inevitable, program adherence and consistency has shown to improve mobility, strength and prevention of falls.

## REFERENCES

See Poster Author for references

