

Exercise is Medicine

Participating in regular exercise with trained instructors with a evidence-based program leads to better physical and mental health.

One of the most effective and simplest treatments for arthritis, the effects of aging and other ailments is exercise. Exercise can improve muscle strength and joint health and thereby reduce pain



The delivery of Enhance Fitness Trial for Arthritis study is endorsed by:



Enhance Fitness Classes at The Mount Desert Island YMCA

To learn more contact us:
Mount Desert Island YMCA
21 Park Street
Bar Harbor, ME
mdiymca.org
Phone: 207.288.3511

Email: wellness@mdiymca.org

EnhanceFitness, a low-cost, evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

Classes are held Mondays, Wednesdays and Fridays 11:00am-12:00pm

Classes can be attended in person or virtually by videoconferencing into the workouts from home.

In a typical class, participants will experience:

- A certified instructor with special training in bringing out the physical best from older adults
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobic workout that gets participants moving to (optional) lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft cuff weights on the arms and legs (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Dynamic and static balance exercises throughout the class
- Lots of opportunities for participants to make new friends and acquaintances
- Each class may include up to 25 participants, from the frail to the more fit adult.

COST:

Free for MDI YMCA members.

Participation is free for 16 weeks for those enrolled in the study.

Non-members who are not enrolled in the study or have ended the active study phase of participation pay a session fee or the daily user.

Scholarship is possible for those who qualify through the YMCA Membership for All program.



If you have questions, or want to find out more about the accompanying study please call us at 207.288.3511 or email Wellness Director Mark Schoon at wellness@mdiyymca.org



There is a study going on about the benefits of exercise and Enhance Fitness in conjunction with the University of Washington.

Enhance Fitness participants who qualify for the study receive the first 16 week of programming free and up to \$125 for participation.

STUDY ACTIVITIES:

Attend in-person or login virtually, group exercise classes at MDI YMCA 1-hour classes, 3 times a week for 4 months (16 weeks)
All ability levels accommodated and class can be done standing or in a chair.

Survey participants will complete surveys, either online or paper, before classes, after completing 4 months of classes and 6 and 12 months after completing classes

You may qualify for the study if: you are 18 years or older
Have a diagnosis of any of following: Osteoarthritis, Rheumatoid arthritis, Fibromyalgia, Gout and/or Lupus.