



EnhanceFitness is a group exercise class for adults 60 years and older that improves balance, flexibility, bone density and endurance. It also helps with coordination, mental sharpness and decreases the risk of falling.

LOCATIONS:

Kekaha Neighborhood Center

Monday, Wednesday, Friday, 8:00 a.m.—9:00 a.m.

Waimea Neighborhood Center

Monday, Wednesday, Thursday, 8:00 a.m.—9:00 a.m.

Kaumakani Neighborhood Center

Monday, Wednesday, Thursday, 9:30 a.m.—10:30 a.m.

Kōloa Neighborhood Center

Monday, Thursday, Friday, 1:00 p.m.—2:00 p.m.

Līhu'e Neighborhood Center

Monday, Wednesday, Friday, 1:00 p.m.—2:00 p.m.

Monday, Wednesday, Friday, 2:30 p.m.—3:30 p.m.

Kapa‘a United Church of Christ

Monday, Wednesday, Friday, 2:00 p.m.—3:00 p.m.

Kīlauea Neighborhood Center

Monday, Tuesday, Friday, 7:30 a.m.—8:30 a.m.



Class size is limited. Call the Kaua‘i County Agency on Elderly Affairs at 241-4470 for more information or to register. Required forms must be completed.

This program is made possible with funding from the Administration on Aging through the State Executive Office on Aging, the County of Kauai, and the Department of Health and Human Services and sponsored by Communities Putting Prevention to Work-Hawaii—improving healthy eating and healthy activities, creating jobs, and promoting sustainability on the islands of Kauai and Maui.



Kaua‘i’s Healthy Aging Partners, “Working Together for a Strong, Healthy Kaua‘i”

County of Kauai Agency on Elderly Affairs

Kaua‘i District Health Office

Agape Health Services

Dr. Arnulfo Diaz

County of Kauai Dept. of Parks & Recreation

Terri Halliday/Lifelong Fitness

Kapa‘a United Church of Christ

Kaua‘i Community College School of Nursing

Kaua‘i Economic Opportunity, Inc.



What is EnhanceFitness?

It is a physical activity program to improve the overall functional fitness and well-being of older adults 60+.

Chronic diseases are a major issue for most people as they age, as well as, for health care system providers and for those who pay the bills for health care. The number of elders coping with chronic illness and disability is expected to go up in the coming years—increasing demand on health and long term care systems, and resulting in unnecessary pain and suffering for many older adults.

Regular physical activity in the older adult population has been found to decrease the risk of developing high blood pressure, osteoporosis, heart disease, diabetes and depression. Seniors—even the most frail—can improve their health and maintain their independence by fitting in physical activity into their daily lives. Seniors need access to enjoyable physical activity opportunities that are proven to be effective and designed specifically for older persons. EnhanceFitness adjusts to all levels of fitness and ability, and focuses on balance, strength, endurance, and flexibility exercises.

Who can participate?

60+ Congregate meal participants and senior center members will be given first preference.

Enrollment is limited.

Classes and Sites: 1 hr. sessions 3 times a week

Kekaha Neighborhood Center	Monday, Wednesday, Friday, 8:00 a.m. – 9:00 a.m.
Waimea Neighborhood Center	Monday, Wednesday, Thursday, 8:00 a.m. – 9:00 a.m.
Kaumakani Neighborhood Center	Monday, Wednesday, Thursday, 9:30 a.m. – 10:30 a.m.
Kōloa Neighborhood Center	Monday, Thursday, Friday, 1:00 p.m. – 2:00 p.m.
Līhu'e Neighborhood Center	Monday, Wednesday, Friday, 1:00 p.m.—2:00 p.m. Monday, Wednesday, Friday, 2:30 p.m.—3:30 p.m.
Kapa‘a United Church of Christ	Monday, Wednesday, Friday, 2:00 p.m.—3:00 p.m.
Kīlauea Neighborhood Center	Monday, Tuesday, Friday, 7:30 a.m.—8:30 a.m.

Program information needed:

Registration form

Doctor's clearance form (MUST BE COMPLETED BEFORE STARTING)

Consent form to be a part of the program and its research and evaluation

Fitness checks to be done at the start of class and at every 16-week period

Donations are currently accepted for classes.

Checks payable to: Agency on Elderly Affairs

Athletic shoes must be worn to classes (no slippers).

For more information, call the Kaua‘i County Agency on Elderly Affairs at 241-4470.