



Prisma Health
Tuomey Hospital

PRISMA HEALTH

MODIFIED MOVEMENT MAXIMUM RESULTS

ENHANCE® FITNESS

Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance®Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and use wrist and ankle weights for strength training. Individual pre- and post assessments track participant's progress.

Dates: February 7 - May 27

Days: Mondays, Wednesdays, and Fridays
1:30 pm - 2:30 pm

Group Exercise Room

Membership required for participation

Register at the member service desk
Referral required (see back)

Maximum registered participants: 15



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

ENHANCE FITNESS PROGRAM REFERRAL

EnhanceFitness® is a CDC recommended physical activity program proven to improve the quality of life of people with arthritis. Scientific studies have shown that physical activity can reduce pain, improve function, mood, and quality of life for adults with arthritis.

YMCA's Certified EF instructors offer this evidence-based, community-based physical activity program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises. Classes meet three times a week for one hour. Originally designed to help older adults increase their physical activity and improve their function, adults of many ages are now participating in the program.

Patient Name _____

Date of Birth (MM/DD/YY) : _____

Patient Phone #: _____

Provider notes: _____

By signing below, I give permission for the above named individual to participate in the program.

Physician Signature: _____

Date: _____

Physician Name: _____

Physician Phone: _____

Questions? Please call Sarah Knowlton 803-774-2407