

N.C. Cooperative Extension
Mitchell County Center
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N.C. Cooperative Extension, Mitchell County Center is happy to announce we will be holding our first Empowering Fitness Program on March 31st. Empowering Fitness is a 16 week program, held Monday, Wednesday, and Friday.

Enhance Fitness is evidence-based, which means it is an exercise program that has undergone scientific evaluation and measurably improves health outcomes for participants.

Scientific results from the original study show that participants realized positive results in several key areas:

- 13% improvement in social function
- 52% improvement in depression
- 35% improvement in physical functioning

Additional studies have shown:

- Significant reduction in rehospitalizations and HMO utilization – overall increased health
- Participation associated with an estimated total annual medical cost savings of \$945/individual
- Consistent use of EF associated with the greatest reduction in risk of a medical fall, lowering risk by 26%

Interactive delivery via videoconference pilot data has shown:

- 87%+ adherence rate • 95% participant satisfaction rate
- Significantly improved knee physical function, quality of life and decreased pain interference

Classes are an hour long and each class includes cardiovascular exercise, dynamic + static balance work, posture training, strength training and flexibility exercises. Cuff weights are used as appropriate. Classes are effective, social and fun.

Data is collected at the start of the program and again in 4 months. Participants will be able to track the improvements in upper and lower body strength, stamina and balance.

We are happy to offer this wonderful program for \$30, which comes to a rate of less than .75 cents per class. The deadline to register is March 17th. Call our office at (828)688-4811 or come by and see our FCS Agent, Christina Robinson, for more information.

