



Volunteer as an EnhanceFitness Coach

If you're interested in helping older adults improve their quality of life, volunteering as an EnhanceFitness Coach is a proven, effective way to make a difference. What follows is a program overview designed to help you garner a better understanding of what your role will be. Contact Care Connection at 1-800-748-7826 to learn more.

Program Overview

EnhanceFitness classes are taught by certified fitness instructors who have additional training in working with older adults. Instructors collect performance measures on each participant in order to provide each participant with feedback and motivation to stay physically fit, as well as help evaluate the program's effectiveness on an ongoing basis.

The training EnhanceFitness instructors receive and the workout program they provide was designed—and is continually refined—by researchers in older adult health and exercise.

New Instructor Training Overview

Instructors will be equipped with various tools to effectively:

- Carry out and manage responsibilities
- Welcome new participants
- Perform fitness checks
- Lead a class
- Conduct the EnhanceFitness workout
- Motivate participants

Additional Program Dynamics

Training also includes a variety of classroom and fitness dynamics that holistically empower instructors to provide optimal instruction and care to program participants. Included are:

- How to set up a classroom and what equipment is needed
- How to motivate participants

- How to structure EnhanceFitness class components (i.e. warm-up, cardiovascular endurance, cool-down, strength training, stretching, balance and posture.)

Contact Care Connection at 1-800-748-7826 to learn more about how to become a certified EnhanceFitness Instructor.