Group exercise programs can improve physical fitness in older adults.

Long-term participants in Enhance®Fitness improved at 4 months and 8 months in measures of upper- and lower-body strength, agility, and mobility (Figure 1).

These improvements were maintained at 12 months (Figure 1).

In addition to attending Enhance®Fitness, physical performance at 12 months was significantly associated with younger age, fewer chronic conditions, living with others, and having more social support.

Native Hawaiians and Japanese elders were less likely to drop out than Caucasian elders.
Long-term participants in Enhance®Fitness improved at 4 months and 8 months in measures of upper-body strength, lower-body strength, agility, and mobility. Improvements were maintained at 12 months (Figure 1).

Seniors Improved Upper-Body Strength
The arm-curl test was used to test upper-body strength. We recorded the number of times the participant lifted a weight (5 pounds for women and 8 pounds for men) in 30 seconds. Seniors improved! See “Arm Curl” photo and Figure 1.

Improved Lower-Body Strength
The chair-stand test was used to test lower-body strength. We recorded the number of times the participant moved from sitting to standing in 30 seconds. Seniors improved! See “Chair Stand” photo and Figure 1.

Seniors Improved Agility and Mobility
The up-and-go test was used to test agility and mobility. We recorded the number of seconds it took for a seated participant to stand, travel 8 feet, round a cone, return to the chair, and be reseated. Seniors improved! See “Up & Go” photo and Figure 1.

Figure 1: This graph shows averages (dots) and margins of error (vertical lines) for arm curls, chair stand, and up-and-go tests before starting Enhance®Fitness and then after 4, 8 and 12 months. We know that improvements are real when the statistical p-values are below .05.

The goal of Hā Kūpuna: National Resource Center for Native Hawaiian Elders is to assure the transmission of hā (breath of life; wisdom) from older to younger generations by enhancing knowledge to improve health and well-being. Hā Kūpuna is supported by grant #900I0006/01 from the Administration on Aging, US Department of Health and Human Services.