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Tampa YMCA Offers New Program for Arthritis Patients

TAMPA, FL – (Aug. 8, 2017) – The [Tampa Metropolitan Area YMCA](#) is proud to offer the community a new program proven to help those with arthritis. Thanks to a generous grant from the Cigna Foundation, the Tampa YMCA offers Enhance®Fitness at the [South Tampa, Campo](#) and [East Pasco Family YMCAs](#).

EnhanceFitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized and empowered for independent living. The national evidence-based physical activity program is deemed particularly safe and effective for older adults living with arthritis by the Centers for Disease Prevention and Control.

Arthritis crippled Marcia Alexander so much that she found herself crawling over to a chair or couch to help her stand up. That's until she started EnhanceFitness. "I come home energized and excited. In only three weeks I was able to get up off the floor without help," testifies Marcia. Marcia also sees the added benefits in her everyday life. "Walking is easier. My posture, balance and confidence have also improved," shares Marcia.

EnhanceFitness participants meet three times a week for an hour, where they experience aerobic workouts, strength training, stretching and balance work. The wide variety of movement keeps members, like Marcia, engaged. "I have never been fond of exercise, but thanks to the instructors, this class is fun and I look forward to it," says Marcia.

The next EnhanceFitness session starts August 28th and runs for 16 weeks. It's free for YMCA Everywhere members, \$40 for Here members and \$48 for non-members. For more information, contact Dawn.Kita@tampaymca.org or stop by one of the [participating Ys](#).

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 128 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 150,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org