



March 29, 2017

To: Chair Josh Green and Vice Chair Stanley Chang

From: YMCA of Honolulu

Re: SB531 HEALTHY AGING PARTNERSHIP/ HB615 HEALTHY AGING PARTNERSHIP

LATE

The YMCA of Honolulu strongly urges the Senate Committee on Human Services to approve **SB531/HB615**, which will support expanding and sustaining Hawaii Healthy Aging Partnership (HAP) to improve health of older adults and to avert higher health care cost.

HAP offers two evidence-based health promotion programs for seniors and people with chronic health conditions to empower them to stay healthy, active, and age in place. These programs aim to empower kupuna to better manage their health and prevent falls.

Evidence-based health promotion programs have strong scientific evidence that demonstrate they work. Many Hawaii residents are living longer but some of them live with a disability and/or chronic health conditions. Continuing HAP will support these people to pursue a better quality of life.

SB531/HB615 addresses the urgent need for funding for HAP to fully operate in offering the evidence-based programs for our Kupuna to stay healthy in the community.

The YMCA of Honolulu offers EnhanceFitness, a group exercise program designed for older adults, at six of our YMCA branches on Oahu. We conduct pre and post program tests on participants and have seen improved outcomes and enjoyment among participants, as HAP's data has shown.

The program works well for our Kupuna to improve social and physical function, and helps them to continue living at home. A recent participant stated: "My arthritis made me virtually a prisoner in my own home - I couldn't even walk up the stairs to get to my bedroom. After 4 months in EnhanceFitness, I can finally make it up the stairs."

Passing this bill will allow more Kupuna to access the EnhanceFitness program. This bill ensures that evidence-based programs are available to broader community partners and members. Because the population of older adults has been rapidly growing, offering the variety of effective evidence-based programs is the key to ensure Hawaii residents remain healthy and safely at home.

We urge you to support and approve **SB531/HB615**. Thank you for the opportunity to provide testimony on this measure.

Aloha,

Erin Berhman Farmer
Chronic Disease Program Director
YMCA of Honolulu

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Arlene Harada. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement on my HDL blood reading and strength and flexibility.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Arlene S. Harada

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Lily Valdez. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since _____. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance / muscle stretch, etc.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Lily Valdez

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Kay Naito. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since start. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Kay Naito

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Chioko Adachi. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Stamina and balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Chioko S. Adachi

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Yvonne Hofushin. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since August 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to improve daily functioning and decrease falls.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Yvonne D. Hofushin

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Evelyn Nagamine. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since August 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement in strength, flexibility and balance.
Socialization is great!!

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Evelyn Nagamine

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Gloria Kenney. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since _____. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my energy level which has improved so much since joining EnhanceFitness! I also appreciate the new friends I am meeting, as we have the same mindset to stay active. Please provide funding for the Healthy Aging Partnership Program so that I can and healthy continue to participate in EnhanceFitness. Staying healthy is very important to me. as we age.

Sincerely,

Gloria Kenney

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Marilyn Mohler. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been in strength, balance and toning.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Marilyn Mohler

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is ^① Kathy Matayoshi. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Nov. 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my health. - I'm 83 and still going.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Kathy Matayoshi

② Lily Yamamoto - Lily Yamamoto
Since Nov. 2010
The most significant outcome has been my health
& especially my balance.

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is ETSUKO YOSHII. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since _____. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been almost 3 years (Lihue center 1 1/2 years, Kapaa, 2 years)
years

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

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March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Marilyn Joy Axtell. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Oct. 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased strength & balance. I have osteoporosis, and am working to increase my DEXA Scan numbers & improve my balance. A fall could result in a devastating hip fracture. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me. I have participated in 2 other exercise programs. Enhance Fitness is by far the most beneficial. Mahalo.

Sincerely,

Marilyn Joy Axtell
PO Box 3816
Lihue, HI 96766

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

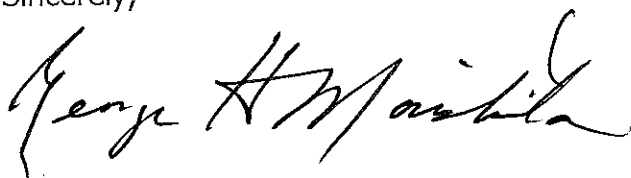
My name is GEORGE H. MORISHITA I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 06/2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been ENERGY, BALANCE, FLEXIBILITY, & OF COURSE, GREAT PEOPLE INTERACTION.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,



March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is CARMELITA VELASCO I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since JUNE 2012. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been VERY SATISFACTORY ABOUT MY HEALTH, BALANCING MY BODY AND OF COURSE SOCIALIZING WITH PEOPLE ESP. TO THE GROUP. THANK YOU VERY MUCH FOR SUPPORTING THIS PROGRAM

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Carmelita I. Velasco

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Yvonne Mukai. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since November 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been balance. I fall less.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,
Yvonne Mukai

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Noreen L. Chun I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2/13/2017 EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved stamina and improved balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Noreen L. Chun

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Florence Yoshida. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2014. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement in health.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Florence Yoshida

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is ANN HANAMURA. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since NOVEMBER 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment. *It's a BIG commitment to attend, but it's a commitment to my own health and well-being.*

EnhanceFitness has had a positive impact on my life. The most significant outcome has been greatly improved balance which has saved me from falling. *if a senior falls, 911 is called and 2 fire trucks and ambulance must attend, which costs the county funds. It is more economical to fund Enhance Fitness!!*

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Ann Hanamura

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Judith Chovana-Tey I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my improved balance, ability to bend & feeling better.
This group motivates me to come and "move" 3 days a week.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Judith Chovana-Tey

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Kay HWA. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been seeing the seniors benefit from exercises safe & effective.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Kay HWA

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Sally WALDSTEIN. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been able to still work at my age + keeping my mind alert + having the strength + need for my job. also the friendships I've made from class.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Sally B. Waldstein
P.O. Box 396
Kilauea, HI 96754

Carol E. Seielstad
3676 Kaweonui Rd.
Princeville, HI 96722
March 25, 2017

Testimony in Support of Elder Fitness, Kaua'i: Pls support HB 615, HD1: Relating to the Healthy Aging Program

Aloha Nadine, House Leaders, Committee Chairs, and Vice Chairs,

My husband and I have resided on the Northshore of Kaua'i for many years. I worked for over 25 years as a Hawai'i public school teacher and now at age 74, I am retired. I have participated in Elder Fitness three times per week since 2010. When I retired, my doctor told me that my blood pressure was "too high", my cholesterol was "too high", and my weight also (sadly) "too high". She recommended that I exercise more and suggested Elder Fitness. Today I am happy to report that my health and fitness are better and I have now bonded with a very nice group of seniors my age. We sometimes meet outside of class for support, friendship, and even community service.

Enhance Fitness has had a very positive impact on my life. The most significant outcome has been lowered blood pressure, lowered cholesterol, and less risk of disease as I age. Staying healthy is important to me.

Please support Elder Fitness by appropriating needed funds to assist us in our efforts toward healthy aging.

Me ke aloha,


Carol E. Seielstad

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Dorothy Sasaki. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeping me active.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Dorothy Sasaki

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Linda Beer. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Energy, Coordination,

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Linda Beer

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

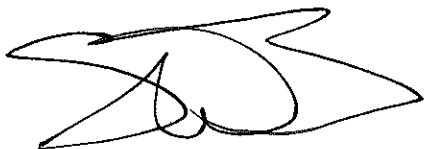
My name is Sunny Donyan. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 6. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been ability to not be penalized when miss classes to be with ailing parents (in 90s)

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,



March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is PATRICIA GRIFFITH. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since _____. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been STRENGTH, FLEXIBILITY - AND MORE.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Patricia M. Griffith

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Lawrence Francis. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2009. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been flexibility strength.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Lawrence Francis

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Barbara Goodman I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since March 2015 EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been flexibility, strength, and a feel good attitude for the day.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Barbara Goodman

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Joan Yamaguchi. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Fall 2014. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been regular exercise even if it is raining & improved mood

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Joan Yamaguchi

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Nancy Jane Conley. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better flexibility + balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Nancy Jane Conley