



Take Charge of Your Health!



Learn About: Arthritis Foundation Exercise Program

Ongoing health problems can be frustrating. Symptoms like pain or fatigue can get in the way of your everyday activities.

Don't let your health stop you from doing what you enjoy! Take charge by signing up for a physical activity program in your community. Learn ways to reduce pain and fatigue, move more easily, and do more of the things that are important to you—even after you leave the therapist's clinic. Talk to your therapist about how to get started!

What Is It?

The Arthritis Foundation Exercise Program is a group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily.

- ✓ The Exercise Program is designed for people with arthritis but may be helpful for other health problems, too.
- ✓ Sessions are 1 hour long. They meet twice a week for 8–12 weeks or longer.
- ✓ In the first part of the session, you'll learn how to manage symptoms like pain that keep you from staying active.
- ✓ In the second part of the session you'll practice stretching, breathing, endurance, and balance activities tailored for your ability and skill level.
- ✓ Exercise Program groups are small—about 15 to 20 people. They're led by trained health and fitness instructors.

How Can It Help Me?

- ✓ Research studies on the Exercise Program have found it to be safe and effective.
- ✓ The Exercise Program can help you control pain, feel less tired, and boost your mood.
- ✓ It can also help you feel more confident that you can stay active and manage your arthritis.
- ✓ It's important to stay with the program. Studies show that the more classes you go to, the better you'll feel.

Where Can I Sign Up?

Ask your therapist for a list of Arthritis Foundation Exercise Program locations near you, or visit www.moveforwardpt.com/ArthritisPrograms.

Learn More

Aquatic Exercise Association
www.aeawave.com

Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions.htm

