Learn About: Arthritis Foundation Exercise Program

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