



# Take Charge of Your Health!



## Learn About: Arthritis Foundation Aquatic 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 Aquatic Program is a gentle, warm water exercise program.

- ✓ The Aquatic Program is designed for people with arthritis, but it may help anyone with joint pain and stiffness.
- ✓ Sessions are 1 hour long. They meet in local pools two to three times a week for 8–12 weeks or longer.
- ✓ You'll do activities like gentle stretching, breathing, and light aerobics. You don't need to know how to swim.
- ✓ Aquatic Program groups are small—up to 20 people. Trained instructors tailor activities to your abilities and skill level.

### How Can It Help Me?

- ✓ Research studies on the Aquatic Program have found it to be safe and effective.
- ✓ Studies show that the Aquatic Program can help you move easier and with less pain.
- ✓ It can also help you feel stronger, fitter, and more flexible.
- ✓ It's important to stay with the program. Go to at least two sessions per week for the best results.

### Where Can I Sign Up?

Ask your therapist for a list of Arthritis Foundation Aquatic Program locations near you, or visit [www.moveforwardpt.com/ArthritisPrograms](http://www.moveforwardpt.com/ArthritisPrograms).

### Learn More

**Aquatic Exercise Association**  
[www.aeawave.com](http://www.aeawave.com)

**Centers for Disease Control and Prevention**  
[www.cdc.gov/arthritis/interventions.htm](http://www.cdc.gov/arthritis/interventions.htm)

