



# Take Charge of Your Health!



## Learn About: EnhanceFitness

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?

EnhanceFitness is an award-winning group exercise program for adults that's fun and interactive.

- ✓ EnhanceFitness helps you stay fit and learn how to exercise safely.
- ✓ Sessions meet three times a week for 1 hour. You can stay in the program for as long as you'd like.
- ✓ You'll do a series of stretches, low-impact aerobics, and strength training. All activities are tailored to your health needs and fitness levels.
- ✓ EnhanceFitness groups are small—about 10 to 25 people. They're led by specially trained fitness instructors.

### How Can It Help Me?

- ✓ Research studies on EnhanceFitness have found it to be safe and effective.
- ✓ EnhanceFitness can help you:
  - Be more active and independent
  - Get stronger
  - Have better balance and flexibility
  - Improve your mood
- ✓ People who've participated in EnhanceFitness say they're very satisfied and would recommend it to a friend.

### Where Can I Sign Up?

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

### Learn More

**Project Enhance**  
[www.projectenhance.org](http://www.projectenhance.org)

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

