



# Take Charge of Your Health!



## Learn About: **Fit & Strong!**

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?

Fit & Strong! is a group exercise program for adults with osteoarthritis in the knees and hips.

- ✓ Fit & Strong! groups are small—about 20 to 25 people.
- ✓ Sessions are 90 minutes long. They meet three times a week for 8 weeks.
- ✓ During the first part of each session, you will do conditioning and strengthening exercises. You'll also practice exercises to help with everyday activities, like getting out of a chair or keeping your balance.
- ✓ During the second part of the session, you'll learn ways to manage your symptoms and other problems related to your arthritis.
- ✓ Program leaders are certified exercise instructors or licensed physical therapists who receive special training from Fit & Strong! experts. Before the program is over, they will help you develop a plan to keep exercising on a regular basis.

### How Can It Help Me?

- ✓ Research studies on Fit & Strong! have found it to be safe and effective.
- ✓ Fit & Strong! can help you reduce arthritis pain and stiffness and be more physically active.
- ✓ The program can help you stay independent and feel confident that you can control your arthritis.
- ✓ Most people who take the class say it helped them and would recommend it to a friend.

### Where Can I Sign Up?

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

### Learn More

**Fit & Strong! Program Web Site**  
[www.fitandstrong.org](http://www.fitandstrong.org)

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

