

Arthritis Foundation Exercise Program



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

The Arthritis Foundation Exercise Program is a community-based recreational program specifically designed to teach adults with arthritis how to exercise safely. Trained instructors cover a variety of range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs and abilities.

PROGRAM BENEFITS

Participants completing the program report experiencing:

- Improved functional ability
- Decreased depression
- Decreased pain
- Increased confidence in one's ability to exercise

WHAT IS PROVIDED TO PARTICIPANTS

Classes meet two or three times per week for an hour. One session is typically 8 weeks long, but many locations offer ongoing classes and participants can continue attending as long as they wish. Each class offers:

- Range of motion exercises and stretches
- Endurance exercises
- Strength building exercises
- Health education
- Relaxation techniques
- Social interaction

RESOURCES

Visit www.livingwell.utah.gov for more information

FOR MORE INFORMATION ON THIS PROGRAM

livingwell@utah.gov

1-888-222-2542

WHY IS THIS IMPORTANT?

- 1 in 5 Utah adults (410,000) report having been diagnosed with Arthritis¹.
- 46.7% of adults with arthritis report being limited in their usual activities, work, or social activities¹.
- 23.3% of adults with arthritis report engaging in no physical activity¹.
- 48.5% of adults with arthritis report too little physical activity to meet national recommendations².

SOURCES

1. 2014 Utah Behavior Risk Factor Surveillance System (BRFSS) Report
2. 2013 Utah BRFSS Report

INFORMATION

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