

## The Arthritis Foundation Life Improvement Series

*In addition to the Arthritis Foundation Exercise Program, the Arthritis Foundation offers an array of exercise and education programs documented to improve ability to do more activities, increase quality of life, and improve general health status.*

**Arthritis Foundation Aquatic Program** This program combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements used in the program increase joint flexibility and range of motion, while restoring or maintaining muscle strength.

**Arthritis Foundation Self-Help Program\*** This in-depth program gives people with arthritis the knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. Perfect for the newly diagnosed as well as those whose arthritis requires more aggressive management.

For more information about these programs, contact your local Arthritis Foundation or visit [www.arthritis.org](http://www.arthritis.org).

\*A self-management program developed at Stanford University



oklahoma arthritis network

**OSDH Arthritis Prevention  
and Education Program**  
**1000 NE 10<sup>th</sup>, OKC, OK, 73117**  
**405-271-9444 Ext. 56410**  
**[www.health.state.ok.us/apep](http://www.health.state.ok.us/apep)**

**Arthritis Foundation, Oklahoma Chapter**  
3232 W. Britton Road, Suite 200  
Oklahoma City, OK 73120

Phone: (405) 936-3366 or 1-800-627-5486

[www.arthritis.org](http://www.arthritis.org)



*The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.*

# Take Control With Exercise



**Arthritis Foundation  
Exercise Program™**



[www.arthritis.org](http://www.arthritis.org)

# Not all arthritis pain relief comes in a bottle.

## People with arthritis can exercise.

The Arthritis Foundation Exercise Program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain and stiffness associated with arthritis. With less pain, people with arthritis may be able to reduce their reliance on pain medication.

The Arthritis Foundation Exercise Program movements were developed by physical therapists to address the pain, fatigue and decreased strength that often accompany the disease. The low-impact class may be taken either standing or sitting, whichever is most comfortable. The routines use gentle range-of-motion movements that are suitable for every fitness level. Classes last about one hour and the routines can be quickly learned for easy adaptation at home.

While the Arthritis Foundation Exercise Program is a fun, safe way for people with arthritis to stay fit, it should not replace treatment prescribed by a doctor or physical therapist.

## Our certified instructors help you stay safe while staying fit.

Every exercise class is taught by an Arthritis Foundation certified instructor. Instructors receive detailed training on the Arthritis Foundation Exercise Program routines, and all instructors undergo regular certification to ensure they have kept up with the latest exercises and arthritis information.

The Arthritis Foundation Exercise Program instructors match the class routines to the fitness levels of the participants, so that those needing modified or seated movements are just as welcomed as those who desire a more intense routine.

## Developed by the Arthritis Foundation. Delivered with results.

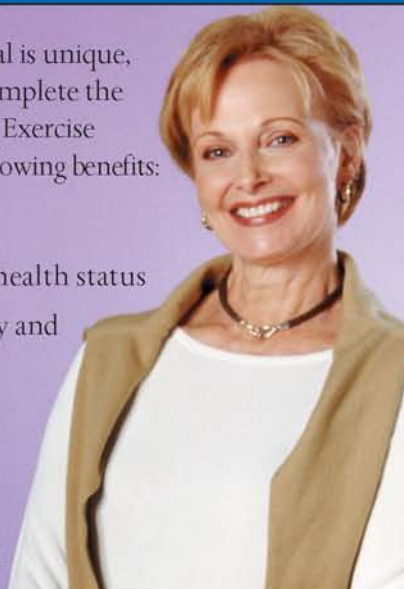
The Arthritis Foundation Exercise Program was developed by the national authority on arthritis. In one research study, individuals who attended the class for four months were found to have reduced their pain by 24 percent and increased confidence in their ability to continue activities by 22 percent. Other studies have documented increases in health status and social activity, and decreases in the number of doctor and emergency visits.

“This class is an excellent way to achieve or maintain fitness for anyone with arthritis.”

— John H. Klippel, M.D., Rheumatologist and President and CEO, Arthritis Foundation

While every individual is unique, many people who complete the Arthritis Foundation Exercise Program enjoy the following benefits:

- Decreased pain
- Improved overall health status
- Increased flexibility and range of motion
- Increased energy
- Better, more relaxed sleep
- Improved outlook



## An exercise program tailor-made for people with arthritis.

### Who should attend the Arthritis Foundation Exercise Program?

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited to attend. Exercises may be performed sitting or standing.

### When is the class offered?

The Arthritis Foundation Exercise Program is offered at various times and in many convenient locations. Contact the Arthritis Foundation for a detailed listing of classes. Or, you may visit the Arthritis Foundation Web site at [www.arthritis.org](http://www.arthritis.org) and type in your zip code to view a list of classes in your area.

### How do I sign up?

Signing up is easy. Simply contact the Arthritis Foundation for registration information. Consult with your doctor before beginning any exercise program.

### What is the cost?

Fees for the Arthritis Foundation Exercise Program are set by each facility. Please contact the facility directly to inquire about class fees.