



**This effective program is suitable for people with arthritis and proven to reduce pain.**  
- Arthritis Foundation

**I've been taking the programs for 6 months and enjoy a pain free and energetic life!**  
- Nancy B.



**Arthritis Foundation**<sup>SM</sup>

# Aquatic Program

This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. The classes, led by specifically trained program leaders, meet two to three times per week for 6-10 weeks. Each session provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Join a class today!

#### **The Aquatic Program will help...**

- Reduce pain/inflammation
- Increase social interaction
- Improve strength/flexibility
- Enhance day to day living

#### **About the Program...**

- Led by trained program leaders
- One-hour sessions offered 2-3 times per week
- Fun, safe and effective way to promote better health

#### **Proven Results...**

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being
- Better quality of life

#### **Other Arthritis Foundation Program Offerings...**

Not ready to take the plunge? The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. Classes can be taken either standing or sitting, whichever is most comfortable for you.

For more information about an arthritis foundation class in your area, contact AEA at **888-232-9283** or **info@aeawave.com** or visit **www.aeawave.com**, select AF Foundation.

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide.

