



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

**These exercise classes are enjoyable and help me stay healthy and active.**  
- Marilyn G.



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

# Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

#### 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

#### The Exercise Program will help you...

- Keep joints flexible and muscles strong
- Increase energy
- Improve your well-being
- Sleep better

#### Proven Results...

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

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

Aquatic Exercise. 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.

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.

