

# Let's move! Manage and prevent chronic disease



## Join a physical activity program

### HEALTH BENEFITS

Physical activity programs can support overall well-being, reduce falls risk, increase fitness, and prevent or manage chronic diseases.

Each approved program listed (see back page) has been evaluated by the Osteoarthritis Action Alliance and deemed arthritis and joint-friendly. Some classes are also approved for falls prevention or weight loss.

### FIND A CLASS

Visit [yourjuniper.org](http://yourjuniper.org) or your local area agency on aging to find classes across Minnesota. Many local parks & recreation departments, clinics, community-centers, and community-based organizations offer classes. Classes can be offered in-person in groups or one-on-one, virtually, or through a self-directed format.

*Learn about each class on the back.* →



## PROGRAM DESCRIPTIONS

**Walk With Ease:** Participants gradually increase their walking pace over six weeks, meeting three times per week to learn about arthritis pain and management, and to go on group walks. The program can also be offered through self-guided format in which participants walk on their own time. Camine con Gusto is the Spanish-language version.

**Tai Ji Quan: Moving for Better Balance:** Using tai chi movements, participants work on improving strength, balance, and stability to help prevent falls and support daily function and mobility. It can also be helpful for people with balance disorders. Classes last an hour, twice weekly, for 12 weeks.

**Enhance Fitness:** This group exercise program creates an opportunity for socialization while working on strength, balance, stamina, and fitness. Hourlong classes meet three times a week online, in-person, or in a hybrid format.

**Stay Active and Independent for Life (SAIL):** Each class is an hour with 2-3 classes per week, over 8-12 weeks. Participants do aerobic, balance, and strengthening exercises which can be modified for disabilities and offered seated.

**Arthritis Foundation Aquatic Program:** Instructors offer gentle water aerobics in a pool with a focus on improving strength and range of motion. Classes generally run once or twice a week over 6-10 weeks.

**Arthritis Foundation Exercise Program:** Participants learn low-impact physical activity exercises and focus on increasing movement, strength, and fitness to relieve pain and stiffness. Classes meet twice a week for eight weeks. Exercises can be modified for disabilities and offered seated.

**Fit & Strong:** Fit & Strong focuses on strength, balance, and endurance to improve overall fitness. Classes meet three times a week for eight weeks, with 90-minute sessions including group activity and health education. Fit & Strong Plus! follows the same format but focuses on weight loss within the health education portion.

**Tai Chi for Arthritis:** Tai Chi poses aim to support balance and strength, while relieving pain and stiffness. Classes generally run once or twice a week for either 8 or 16 weeks. Exercises can be modified for disabilities and offered seated.

**Active Living Every Day:** Physical activity occurs outside of class. In Active Living Every Day, leaders help participants build skills, confidence, and knowledge of how to overcome barriers to physical activity. Physical activity occurs individually outside of class.

