

# PROGRAMS for better living

## Steps To Offer Arthritis Foundation Programs

**Become an official partner site and offer these signature programs from the Arthritis Foundation!**



### Arthritis Foundation Walk With Ease Program

is a physical activity program designed to help people with arthritis live better. It can be done by individuals on their own, or in groups led by trained leaders. Study participants have experienced decreased disability; improvements in levels of pain, fatigue, stiffness and self-confidence; and better perceived control over arthritis, balance, strength and walking pace.

### Arthritis Foundation Tai Chi Program

is a joint-safe exercise program developed by Dr. Paul Lam, a world-renowned Tai Chi teacher and physician, specifically for people with arthritis. The program features range of motion exercises, agile steps and higher-stance movements, which are more comfortable and easier to learn. Study participants have reported improved pain, stiffness, physical function, balance and abdominal muscle strength.

### Arthritis Foundation Exercise Program

is an exercise, education and relaxation program specifically for people with arthritis. Updated in 2009, it uses gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength. Studies have shown positive benefits such as decreased pain and depression, and improved function, health status and social activity.

### Arthritis Foundation Aquatic Program

is a warm-water (83–90 degrees) exercise program that incorporates gentle activities in a friendly and supportive atmosphere in which people make new friends and try new activities. Updated in 2009, this program is proven to decrease pain and depression and improve functional ability, range of motion, muscle strength and aerobic fitness in participants.

### Easy Steps to Becoming an Official Partner and Getting Certified Leaders and Instructors.

**FIRST**, complete a program co-sponsorship agreement for your facility and return to the Arthritis Foundation.

**SECOND**, send at least one individual from your facility to be trained at a training workshop hosted by the Arthritis Foundation. Trainings are scheduled throughout the year—make sure to ask to be added to our mailing list for training announcements.

**THIRD**, ensure that your trained instructors teach at least one course series (a minimum of six classes) within six months and submit their course data.

**FOURTH**, after completing and submitting data on the six classes, your instructors are qualified to be officially certified by the Arthritis Foundation. You or your instructor will be responsible for submitting quarterly course statistics to the Arthritis Foundation with a simple form. Instructors will need to update certification every three years (or in two years for Tai Chi).

**FIFTH**, continue the programs and stay in touch through our Leader Links, a benefit of becoming an Arthritis Foundation partner.

