

## *Life Improvement Series*

### **Arthritis Foundation Aquatic/Exercise/Tai Chi Program Workshops**

Enclosed you will find details for the 2009 Arthritis Foundation Program Workshops offered in the Ohio River Valley Chapter area.

We are very pleased to announce exciting changes to the programs. During the past year, the *Arthritis Foundation Aquatic Program* and the *Arthritis Foundation Exercise Program* have undergone a number of content revisions. These changes will offer our participants an enhanced fitness program, while retaining all the benefits of the existing program. In addition, these changes will also provide certified instructors with a more comprehensive training certification process. The manuals have been revised to include a pre-workshop process with a greater focus on practical information.

Here are just a few of the changes.

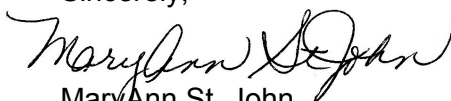
- |                 |  |
|-----------------|--|
| <b>Aquatics</b> | <ul style="list-style-type: none"><li>♦ 11 new exercises including several with a sports theme</li><li>♦ Addition of specific resistance equipment</li><li>♦ Policy changes including water temp and swimming pre-requisites</li></ul> |
| <b>Exercise</b> | <ul style="list-style-type: none"><li>♦ 18 new exercises</li><li>♦ Clarified use of weights and resistance bands</li><li>♦ Endurance section has been improved</li></ul>   |
| <b>Tai Chi</b>  | <ul style="list-style-type: none"><li>♦ More information on the Stepwise Progressive Teaching Method</li><li>♦ Suggested format for the first 3 lessons</li><li>♦ New warm ups and cool downs</li></ul>                                |

Because of the scope of the changes, all current leaders/instructors must attend an in-person workshop to teach the revised programs and to obtain the new materials. If you were trained in the year 2006, your current certification will expire this year and you are required to attend a workshop. Existing leaders and instructors do not need to undergo additional training until they are due to be recertified. However, those interested in obtaining the new manuals can choose to be re-trained earlier.

Please feel free to make copies of this packet for anyone that may be interested. Be sure to indicate on the registration form which workshop you will be attending. A confirmation letter with directions and the pre-workshop study module will be sent approximately 1 week before the workshop. **Deadline registration is 10 days prior to the workshop.**

We appreciate your support of the Arthritis Foundation programs that help millions of people each year take control of their arthritis. If you have any questions, please don't hesitate to call or email me at [mstjohn@arthritis.org](mailto:mstjohn@arthritis.org).

Sincerely,

  
MaryAnn St. John  
Programs & Education