

# Arthritis Foundation Exercise Program



**A**rthritis affects us all, including children, adults and seniors.

New to the area is this recreational group exercise and education program designed specifically for people with arthritis and related diseases. This program is evidence based and has been scientifically evaluated with proven benefits.

Class participants have been shown to experience benefits such as:

- ❖ Reduced levels of pain, stiffness and fatigue
- ❖ Improved strength
- ❖ Improved ability to function independently in day-to-day life
- ❖ Decreased levels of depression
- ❖ Increased self-efficacy and a heightened belief in self-help strategies for arthritis
- ❖ Improved overall health status and social activity

The program is open to all ages and abilities.

Each class will include a variety of exercises that can be performed while sitting, standing or lying on the floor.

Exercises will include endurance routines strength building, balance, coordination activities, relaxation and various stress management techniques.

## **30 minute Informational Session**

**Monday, Oct 6th at 4:00pm**

**Atkinson Community Center, Atkinson NH**

**Please call or email Vanessa with questions or interest.**



Vanessa Underwood is a trained and certified instructor

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