



Fact Sheet

Arthritis Foundation Exercise Program

BURDEN FACTS

- **1 in 4 Montana** adults report ever being diagnosed with arthritis¹
- **Highest** rates of arthritis are found in adults with a disability, older age, lower income, and obese¹
- **Over 75%** of Montana adults with arthritis report being limited in their everyday activity¹
- **Nearly half** of Montana adults with arthritis report little to no physical activity¹

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Arthritis Foundation Exercise Program

Regular, low-impact physical activity is the best way to manage arthritis pain¹.

The Arthritis Foundation Exercise Program is an 8-week exercise program to teach adults with arthritis effective and joint-safe moves to help reduce joint pain and stiffness.

- **Trained** instructors cover a variety of range of motion exercises, endurance-building activities, relaxation techniques, and health education topics.
- **Exercises** can be done sitting or standing to meet participant's fitness needs and abilities.
- **All** exercises are joint safe movements

Program Benefits

- **Improves** functional ability of everyday tasks²
- **Decreases** depression and pain²
- **Increases** confidence in one's ability to exercise²
- **Improves social** interaction about condition(s)

RESOURCES

Visit the [Montana Arthritis Program website](http://dphss.mt.gov/publichealth/arthritis) for more information: <http://dphss.mt.gov/publichealth/arthritis>

1. Montana Arthritis Program (2017). *Burden of Arthritis in Montana, 2015*. [Surveillance Report].
2. Callahan, L. F., et al. (2008) *A randomized controlled trial of the People with Arthritis Can Exercise Program: symptoms, function, physical activity, and psychosocial outcomes*. *Arthritis Care & Research* 59; 92-101