



Sign Up Now!

Join us in this evidence-based exercise/behavior change program for older adults or those with lower extremity osteoarthritis.



Fit & Strong

- 12-week program that includes 60-minutes of exercise and 30-minutes of group discussion/health education
- Has demonstrated significant functional and physical activity improvements in older adults

Topics covered

- An aerobic, strength and flexibility exercise component
- Group discussion around a health-related topic

Benefits

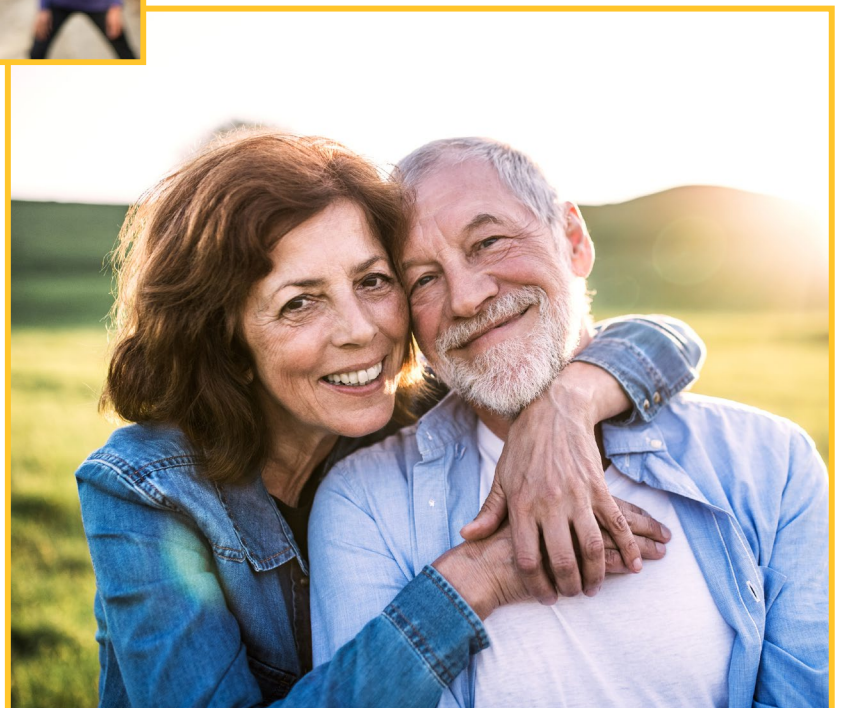
- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

For more information:

<https://www.ndsu.edu/agriculture/extension/programs/fit-strong>

NDSU | EXTENSION

For more information on classes near you, contact Jane Strommen at jane.strommen@ndsu.edu or 701-231-5948.



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