

Testimonials

Participants:

"The exercise has made it possible for me to have better movement in joints with less pain."

"I have more energy and flexibility! I get so much enjoyment out of it!"

"I feel I benefitted from the class a great deal and especially since I can walk up stairs..."

Instructor:

"As an instructor, I will praise the program for its usability and its proven results. The program has added another level to our exercise programming at the Senior Center. We are blessed to be able to implement an evidence based program such as Fit and Strong that has proven to improve the quality of life."

Provider:

"I just want to say thank you so much from the bottom of my heart to all of you for providing my residents the opportunity to be a part of such an amazing program and give them back what they thought they had lost!! I am crying happy tears...I don't think that thank you even comes close to encompassing all that I am feeling right now..blessed is the word..."



FIT & STRONG!



Archstone Foundation
Award for Excellence in
Program Innovation 2006



Healthcare and
Aging Award 2008

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FIT & STRONG!



UIC UNIVERSITY OF ILLINOIS
AT CHICAGO



Fit and Strong! is an award winning, evidence-based, multiple-component exercise/ health behavior change program for older adults with osteoarthritis. The program was developed by the Center for Research on Health and Aging at the University of Illinois at Chicago.

Fit and Strong! consists of 60-minutes of stretching, low-impact aerobics/ fitness walking, and strength training exercises using ankle cuff weights and resistance bands. The exercise portion is followed by 30 minutes of manual-based group discussion and problem-solving that helps participants maintain a safe and balanced program of physical activity over time.

FIT & STRONG!

The program meets three times a week for eight weeks. Fit and Strong! has been shown to decrease joint pain and stiffness, improve function, reduce anxiety and depression in addition to promoting an active lifestyle over 18 months.

Sessions are led by trained certified exercise instructors, or instructors of other evidence-based exercise programs.

Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely, and how to develop and *maintain* a more active lifestyle.

Fit and Strong! is being provided in multiple locations across the country in collaboration with the Centers for Disease Control and Prevention, the National Arthritis Foundation, the Retirement Research Foundation, the National Council on Aging, and the Administration on Aging.

Fit and Strong! was developed and tested with funding from the National Institute on Aging/NIH and the Centers for Disease Control and Prevention (CDC).

It has been approved by the CDC and the AoA as an evidenced-based program that states should promote.



Visit: www.fitandstrong.org