



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

Components

- Aerobic, strength and flexibility exercise
- 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>

Upcoming Fit & Strong Classes

Locaton, Date and Time:

NDSU

EXTENSION

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