



# 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

Location, Date and Time:

# NDSU

## EXTENSION

This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.