

# EXERCISE...*designed for YOU*



**September 14th – November 6<sup>th</sup>**  
**Monday - Wednesday - Friday 9:00-10:30am**  
**RiverPlex 1<sup>st</sup> Floor Classroom**  
**Members-\$40.00      Non-Members-\$75.00**

Fit and Strong! is an award-winning, evidence-based physical activity/ behavior change program developed by the University of Illinois at Chicago, Center for Research on Health Aging (CRHA) proven to benefit arthritis symptoms and promote an active lifestyle. CRHA is partnering with OSF Wellness programs to offer Fit and Strong!.

## **The program includes:**

8 weeks of 1½ hour sessions

Each session consists of 1 hour of exercise and a ½ hour of arthritis & exercise education/discussion/ group problem-solving

Sessions meet 3 days/week

Sessions are led by trained, certified exercise instructors

Exercises include stretching, low-impact aerobics, walking and strengthening using exercise bands and ankle cuff weights, at your ability level

Learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop & maintain a more active lifestyle

**For more information or to sign up for this program:**

**Call (309)282-1639**

Funded by the Centers for Disease Control  
**UIC University of Illinois at Chicago**  
**Center For Research on Health & Aging**

