

Fit & Strong!

An award-winning, evidence-based physical activity program for older adults



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Welcome to Fit & Strong!

Fit & Strong! is an [award-winning](#), multi-component, [evidence-based](#) physical activity program for older adults. This eight-week program targets older adults with osteoarthritis and has demonstrated significant functional and physical activity improvements in this population.

Awards



[Read about our Archstone Foundation and ASA awards here.](#)



Testimonials

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

[More Testimonials »](#)



Fit & Strong! helps participants:

- Gain a clear understanding of what osteoarthritis is and how physical activity that is tailored to the needs of persons with arthritis can help them manage arthritis symptoms
- Learn to perform safe stretching, balance, aerobic and strengthening, exercises which gradually increase in frequency, duration, and intensity over time
- Incorporate physical activity into their lifestyles by exercising three times/week for 1 hour
- Reduce arthritis symptoms
- Develop individualized, tailored, multiple component physical activity programs that are sustainable after the program ends
- Maintain independent functioning