TITLE: HEALTH AND FITNESS: ARTHRITIS FOUNDATION EXERCISE PROGRAM

PROGRAM: Older Adults

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

Developed and tested by the Arthritis Foundation, the *Arthritis Foundation Exercise Program* is an evidence-based program designed to help students manage arthritis or related conditions. This competency-based course contains multiple components designed to help reduce pain and stiffness and help maintain or improve mobility, muscle strength, balance, coordination and functional ability. Focus of instruction includes arthritis exercises, joint protection principles, relaxation techniques, and methods for incorporating and applying self-monitoring and self-care skills into daily life.

PREREQUISITES:

None

NOTE:

THIS COURSE MUST BE TAUGHT BY A CREDENTIALED DACE TEACHER WHO HAS EARNED LEADER CERTIFICATION IN THIS EVIDENCE BASED PROGRAM, *Arthritis Foundation Exercise*.

THIS COURSE MAY NOT BE OFFERED WITHOUT PRIOR APPROVAL OF THE PROGRAM FOR OLDER ADULTS ADVISOR. CALL (213) 241-3167 FOR IMPLEMENTATION GUIDELINES.

*After a student has completed this course, he/she may not be allowed to re-enroll in the course.*