



Evidence-Based Community Programs: Physical Activity Programs At a Glance

A Decision Aid to Help Your Patients Take Charge

	Active Living Every Day	Arthritis Foundation Aquatic Program	Arthritis Foundation Exercise Program	EnhanceFitness	Fit & Strong!	Walk With Ease Group & Self-Directed
Target Population	Sedentary adults and older adults Adults of all ages with arthritis and related conditions limiting mobility	Adults with arthritis	Adults with arthritis	Older adults Adults of all ages with arthritis and related conditions limiting mobility	Older adults with osteoarthritis in lower extremity	Adults with arthritis and related conditions limiting mobility
Program Benefits	<ul style="list-style-type: none"> ↑ physical activity ↑ physical function ↑ cardiovascular fitness ↓ body mass index 	<ul style="list-style-type: none"> ↑ joint range of motion ↑ muscle strength ↑ flexibility ↑ aerobic fitness ↑ physical function 	<ul style="list-style-type: none"> ↓ pain ↓ fatigue ↓ depression ↑ physical activity ↑ confidence 	<ul style="list-style-type: none"> ↑ fitness ↑ social and physical function ↓ depression 	<ul style="list-style-type: none"> ↓ pain ↓ joint stiffness ↑ physical activity ↑ confidence ↑ independence 	<ul style="list-style-type: none"> ↓ pain and stiffness ↓ fatigue ↓ disability ↑ strength, balance, walking pace ↑ confidence
Program Content	<p>Group discussions on behavioral skills (e.g., goal setting, time management)</p> <p>Develop plan to incorporate physical activity into daily life</p> <p>Perform activities outside group setting</p>	<p>Stretching, breathing, light aerobic activities in warm pool</p> <p>Swimming ability not required</p>	<p>Health education</p> <p>Range of motion, stretching, strength-building, conditioning exercises</p> <p>Balance and coordination activities</p> <p>Relaxation and breathing techniques</p>	<p>Stretching, low-impact aerobics, strength training, balance exercises</p>	<p>Stretching, balance, range of motion, resistance exercises</p> <p>Exercises that mimic daily activities</p> <p>Problem-solving and self-management skills</p> <p>Plan ongoing personal exercise program</p>	<p>Health education</p> <p>Stretching and strengthening</p> <p>Warm-up and cool-down exercises</p> <p>10-35 minute walk</p>
Intensity of Activities	<p>Low-intensity for classroom activities</p> <p>Varies by participant outside of classroom</p>	Low-moderate	Modified for different skill levels, physical limitations	<p>Low-moderate</p> <p>Can be adapted for different fitness levels</p>	<p>Low-moderate</p> <p>Can be adapted for different fitness levels</p>	Low-moderate

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Format of Class	Instructor-led	Instructor-led	Instructor-led	Instructor-led	Instructor-led	Instructor-led or self-directed
Instructor Qualifications	Complete online courses + 2-day Web or in-person training Pass competency exam	Completion of Web-based and in-person training Certified in CPR and lifeguard or water safety	Completion of Web-based and in-person training CPR certification Education and/or experience in exercise, fitness, or health field	Certified fitness instructor CPR certification 12 hours specialized training	Certified exercise instructor or licensed physical therapist 8 hours specialized training	3-4 hours specialized training CPR certification
Patient Baseline Activity Level	Sedentary	Able to participate in low-impact exercise Comfortable in water Swimming ability not required	Range of levels; from sedentary with limited joint mobility, to more active with mild joint impairment	Range of levels; program tailored to fitness levels, health conditions	Sedentary	Able to be on feet for 10 minutes without increased pain
Program Length	12 or 20 weeks	8-12 weeks or ongoing	8-12 weeks or ongoing	Ongoing	8 weeks	6 weeks
Class Size	Up to 20 people	Up to 20 people	15-20 people	10-25 people	20-25 people	Up to 15 people or self-directed
Class Length	1 hour, once/week	1 hour, 2-3 times/week	1 hour, 2-3 times/week	1 hour, 3 times/week	90 minutes, 3 times/week	1 hour, 3 times/week
*Local Availability	Many states nationwide	Many states nationwide	Many states nationwide	Many states nationwide	Select states	Many states nationwide Self-directed version can be done anywhere

*These programs are low-cost, but fees may vary by location. For more information on these programs and their evidence base, or to find programs in your area, visit www.apta.org/Arthritis.