

GROWING STRONGER TOGETHER

Arthritis is a painful joint stiffness and inflammation affecting **1 in 5 Americans**. That is approximately 52.5 million Americans. 50% of which are adults over the age of 65, making Arthritis the most common cause of disability in the United States. **The Granite YMCA offers two arthritis management programs, Walk With Ease and Enhance@Fitness.**

Walk With Ease is an evidence-based program that has been proven to help reduce the pain of arthritis and improve overall health. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's 6 week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. The program meets 2 -3 times per week for 45 - 60 minutes.

Enhance@Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more **active, energized, and empowered** for independent living. Enhance@Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging. This program meets 3 times per week for one hour.

These programs are offered both in person and virtually.

GROUP WELLNESS

The Granite YMCA offers special **group exercise classes** that **reduce pain and increase range of motion** through all the joints in the body in an effort to improve overall wellness. Programs include both land and water fitness classes customized to help those living with arthritis, fibromyalgia or other mobility issues. View all classes online at www.graniteymca.org/calendar.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown
116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester
30 Mechanic St, Manchester, NH 03101

YMCA of Greater Londonderry
206 Rockingham Rd, Londonderry, NH 03053

YMCA of Strafford County
35 Industrial Way, Rochester, NH 03867

YMCA of the Seacoast
550 Peverly Hill Rd, Portsmouth, NH 03801

YMCA of Concord
15 North State St, Concord, NH 03301

Exeter Area YMCA
56 Linden St, Exeter, NH 03833

FOR MORE INFORMATION, contact Cindy Lafond, Association Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARTHRITIS MANAGEMENT PROGRAMS

**WALK WITH EASE
ENHANCE@FITNESS**

**HEALTH INTERVENTION
PROGRAMS AT THE GRANITE YMCA**



www.graniteymca.org



PHYSICAL WELLNESS

No matter if you need relief from arthritis pain or just want to be active, Walk With Ease's 6 week program can teach you how to safely make physical activity part of your everyday life. The goal is to walk 3 days a week for 45 - 60 minutes with an instructor that will guide you in proper warm up, stretching, balance and cool down exercises.

Though there is no known cure, low-intensity physical activity has been proven to reduce pain, improve functioning, elevate mood, and delay disability. Certified Enhance@Fitness instructors offer a program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.



EDUCATION & OUTREACH

Enhance@Fitness classes are led by certified instructors trained to bring out the physical best from older adults. Instructors adapt exercises to match the fitness level of each person, including seated versions of nearly every exercise. Classes take place in a relaxed atmosphere filled with opportunities for laughter and making new friends.

Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength and improves overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably.



GROUP SUPPORT

"The women and men in the group are a great support system to keep me motivated to continue to exercise. Enhance@Fitness has become a necessary element in my life."

- Enhance@Fitness Participant