

Resources for People with Arthritis

Visit <https://oaaction.unc.edu/RxLinks> to access these resources.

| | |
|---|---|
| Tips to set goals and overcome barriers to become and stay physically active. | Active Living Every Day |
| Find water aerobics classes in your area for a low-impact workout with less pain. | Arthritis Foundation Aquatics Program |
| Tips to start or maintain an exercise program for those with osteoarthritis. | Arthritis Foundation Exercise Program |
| Learn about this group physical activity class and find one in your community. | EnhanceFitness |
| Find an exercise class in your area to have better movement in joints with less pain. | Fit and Strong |
| Get started with 4 progressive strength-training exercises and more. | Get Active |
| Find programs to help you manage your osteoarthritis symptoms, improve your quality of life, and reduce healthcare costs. | Self-Management Resource Center (Arthritis Self-Management Program) |
| Learn about the walking program that is proven to reduce the pain of arthritis and improve your overall health. | Walk With Ease |
| Get motivation and tips to help you lose weight for less joint pain. | Weight Management |
| Take steps now to prevent pain in the future. | Osteoarthritis Prevention |
| Get moving to prevent pain. | Tips to Increase Physical Activity |