

Resources for People with Arthritis

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

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