

NYS Physical Activity Programs for Arthritis: At a Glance

	<u>Enhance®Fitness</u>	<u>Walk With Ease</u> <i>Available in Group and Self-Directed Formats</i>
<u>Target Population</u>	Older adults Adults of all ages with arthritis and related conditions limiting mobility	Adults with arthritis and related conditions limiting mobility
<u>Program Benefits</u>	Increased fitness and mobility Increased social wellbeing Decreased depression	Decreased pain, stiffness, and discomfort Increased strength, balance, and walking pace Increased confidence Decreased fatigue
<u>Program Content</u>	Stretching, low-impact aerobics, strength training, balance exercises	Health education Stretching and strengthening Warm up and cool down exercises 10- to 35-minute walk
<u>Intensity of Activities</u>	Low to moderate	Low to moderate
<u>Instructor Qualifications</u>	Certified fitness instructor Cardiopulmonary resuscitation (CPR) certification 12 hours specialized training	3 to 4 hours specialized training CPR certification
<u>Program Length</u>	Ongoing	6 weeks

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		<u>Group</u>	<u>Self-Directed</u>
<u>Patient Baseline Activity Level</u>	Range of levels Program tailored to fitness levels, health conditions	Able to be on feet for 10 minutes without increased pain	Able to be on feet for 10 minutes without increased pain, but can be at any level of physical fitness or mobility because it is self-paced
<u>Class Format</u>	Instructor led In- <u>person</u> or virtual	Instructor led In-person or virtual (Self-directed Enhanced version)	N/A – Participants walk on their own
<u>Class Size</u>	10 to 25 people	Up to 15 people	N/A – Participants walk on their own
<u>Class Length</u>	1 hour, 3 times per week	1 hour, 3 times per week at regularly scheduled times	10 to 35 minutes, 3 times per week Participants set their own schedule
<u>Availability in NYS*</u>	Available at some YMCAs. Find an EF class here.	Available at some YMCAs. Begin by Finding Your Y to find a WWE program near you.	Available online. Visit NYSDOH arthritis website to sign up.

*For more information about availability in NYS, contact EBSMP@health.ny.gov. These programs are low cost, but fees may vary by location.

Adapted from the American Physical Therapy Association’s Evidence-Based Community Programs: Physical Activity Programs At a Glance.