



Sign Up Now!



Join us in this evidence-based exercise/behavior change program for older adults or those with lower extremity osteoarthritis.

Fit & Strong

- 12-week program that includes 60-minutes of exercise and 30-minutes of group discussion/health education
- Has demonstrated significant functional and physical activity improvements in older adults

Components

- Aerobic, strength and flexibility exercise
- Group discussion around a health-related topic

Benefits

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

For more information:

<https://www.ndsu.edu/agriculture/extension/programs/fit-strong>

Upcoming Fit & Strong Classes

Location, Date and Time:

Bismarck Veterans Memorial Library (Room B)
515 N 5th St, Bismarck, ND 58501

Class meets twice per week - Oct. 21, 2024 through Jan. 23, 2025
9:30 - 11:00 AM CST

Contact Shelly Kuntz to register 701-221-6865
or use the link or QR code below:
<http://tinyurl.com/2024FitandStrong>



NDSU

EXTENSION

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