




FIT & STRONG

OVERVIEW: Fit & Strong is an evidence-based program, offered over the course of 8 or 12 weeks. Fit & Strong includes education on a variety of health topics and discusses how physical activity can help manage symptoms and pain. The program covers safe stretching techniques, balance exercises, lower extremity exercises, resistance band exercises, and aerobics. Participants develop physical activity techniques that are sustainable after the Fit & Strong program ends.

SDSU Extension, in partnership with the South Dakota Department of Health, has implemented the program statewide. The program can serve as an alternative or additional option for provider referral to assist with pain management in patients experiencing chronic pain.



SINCE 2018...

-  A total of **185 individuals** participated in **10 Fit & Strong Workshops**.
-  **21 individuals** are Fit & Strong trainers, and **2 individuals** are master trainers.
-  More workshops are being offered across South Dakota and virtual delivery of the program is being explored.

About Fit & Strong:

- Workshops are offered 2 times per week for 12 weeks, or 3 times per week for 8 weeks
- Each session is 90 minutes long
- Workshops are conducted by trained leaders, with a background in exercise or evidence-based program delivery

Fit & Strong provides the following benefits to program participants:

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



"This class has helped me so much. I kept thinking I would need knee surgery to help me in daily walking but I now have the strength in my knees that I didn't have before I came to this class. Coming to this class has been a very positive action for me."



If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

www.AvoidOpioidSD.com
South Dakota Resource Hotline
1-800-920-4343

For more information visit <https://extension.sdstate.edu/fit-strong> or call **1-888-484-3800**.

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