




# FIT & STRONG

**OVERVIEW:** Fit & Strong is an evidence-based program, offered in-person or virtually 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, upper and lower extremity strength 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 **276 individuals** participated in **22 Fit & Strong Workshops**.
-  **26 individuals** are Fit & Strong trainers, and **2 individuals** are master trainers.
-  Fit & Strong @Home, virtual delivery of the program, was added to the list of program offerings in 2020.

### 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 is offered in two formats:

1. In-Person - Sessions offered by trained leaders in a group, in-person setting.
2. Fit & Strong @Home (virtual) - Live exercises sessions offered over zoom by trained leaders.

### 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

*"I'm so glad I saw the post about this class and was able to register! I hope the Zoom offerings continue, for those of us living in small towns it is the only way for us to participate without driving a far distance. I enjoyed participating!"*

*-Fit & Strong @ Home participant*



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



**BETTER CHOICES  
better health**  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

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

**www.AvoidOpioidSD.com**  
Treatment Resource Hotline  
**1-800-920-4343**

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

75 copies of this document have been printed by the South Dakota Department of Health at a cost of \$0.42 each, funded 100% by CDC under grant #NU17CE924866-03-00, with 0% financed with non-governmental source. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement of the U.S. Government. SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).