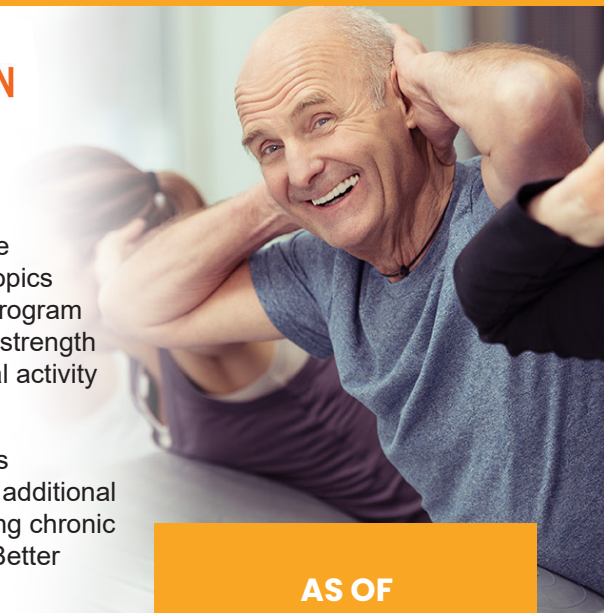


Avoid Opioid PRESCRIPTION ADDICTION

FIT & STRONG!

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 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. Fit & Strong! is part of the physical activity programming offered under the Better Choices, Better Health® SD suite of programs.



AS OF
OCTOBER 2022...

About Fit & Strong!:

- Workshop held 3-times per week for 8 weeks or 2-times per week for 12 weeks
- 90-minute group exercise and education sessions
- Led by trained Fit & Strong! Instructors

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

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 exercise sessions offered virtually by trained leaders.

"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



A total of **384 individuals** participated in **28 Fit & Strong Workshops**.



Among participants reporting a chronic condition, **58%** have arthritis and **67%** had more than one chronic health condition.



98% of participants agreed or strongly agreed they have **increased** their activity level after participating.



96% of participants agreed or strongly agreed that they **feel more satisfied** with their life after participating.



100% of participants said they would **recommend the program** to a friend or relative.



**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://goodandhealthysd.org/bcbh/register-for-a-workshop/physical-activity/> 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.

Updated 10/2022