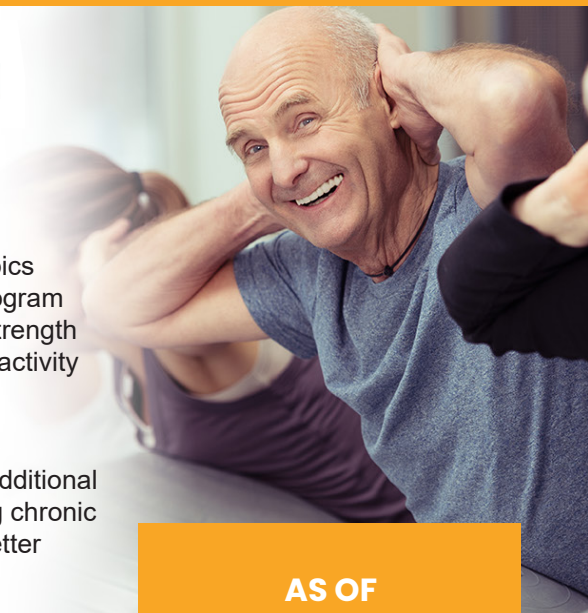


# Avoid Opioid PRESCRIPTION ADDICTION

## 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 2023...

### 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



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



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



A total of 521 individuals participated in 44 Fit & Strong Workshops.



Among the participants reporting a chronic condition, 56% have arthritis and 70% had more than one chronic health condition.



95% of the participants reported moderate or vigorous activity levels after participating.



92% of the participants agreed or strongly agreed that they feel more satisfied with their life after participating.



98% of participants said they would recommend the program to a friend or relative.

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

[www.AvoidOpioidSD.com](http://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.

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