

Community Resources Articles

Walking

Walking is a great way to get started with physical activity because you don't need any special skills or equipment, just a good pair of athletic shoes. As the weather gets colder, it's a good idea to find an indoor walking route. Shopping malls are great resources. Call your local mall to find out what hours it is open for walkers and if they offer maps, measured routes or other information.

- Eden Prairie Center — Eden Prairie
952-941-7650
 - Knollwood Plaza — St. Louis Park
952-933-8041
 - Mall of America — Bloomington
651-291-7138
 - Ridgedale Center — Minnetonka
952-541-4864
 - Southdale Mall — Edina
952-925-7885
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Warm water pools

Swimming and water exercises are highly recommended for people with arthritis because water helps support your body weight, which takes stress off your joints. Contact the warm water pool in your neighborhood to see what programs they offer.

- Summit Place Senior Campus
8505 Flying Cloud Drive
Eden Prairie
Contact: Chris Kost
952-995-1022
 - Courage Center
3915 Golden Valley Road
Golden Valley
Contact: Debbie Townsend
763-520-0286
 - YMCA - Ridgedale
12301 Ridgedale Drive
Minnetonka
Contact: Shelly Hesse
952-582-8245
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Local fitness centers

Fitness centers are great resources because they offer a variety of activities. Whether you want to do strengthening, range-of-motion or endurance activities, fitness centers probably have something for you. Most also have a staff who can offer assistance and classes for those who like group activities.

- Bally Total Fitness
1-800-515-2582
ballyfitness.com
 - Lifetime Fitness
952-947-0000
lifetimefitness.com
 - YMCA
612-371-8700
ymcatwincities.org
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Self-help tools

Adaptive equipment, assistive devices and self-help tools are all terms for items that can help you do everyday activities that may have become uncomfortable or impossible. Self-help tools can make certain tasks easier on your joints by keeping your joints in better position, providing leverage when needed and extending your range of motion.

The Minnesota Department of Health has created a guide to self-help tools for people with arthritis. You can view the guide by visiting this Web address:

<http://www.health.state.mn.us/divs/hpcd/chp/arthritis/text/pdfs/arthritisools%20display.pdf>

If you don't have Internet access, call Christine to request a paper copy of the guide at 952-993-1086.

Library books

The books listed below provide information on exercise and arthritis. Remember that not all exercise programs work for everyone. Talk to your doctor or therapist if you have questions or concerns about an exercise plan.

The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia by Kate Lorig, James F. Fries and Maureen R. Gecht.

Exercise Beats Arthritis: An Easy-to-follow Program of Exercises by Valerie Sayce and Ian Fraser.

Exercises for Arthritis: 100 Exercises for Healthy Living by Erin Rohan O'Driscoll, John D. Hubbel MD and Peter Field Peck, The Healthy Living Institute.

Summit Place Senior Campus

We are happy to announce that Summit Place Senior Campus in Eden Prairie is offering free memberships (up to two months) to their fitness facility. These memberships are available to AROW participants who are 55 years of age and older who will make a commitment to exercise on a regular basis. The membership includes a personalized exercise program on their state-of-the-art exercise equipment, participation in any of their land and water classes, and access to their warm water pool. To get started, call Chris Kost at Summit Place Senior Campus at 952-995-1022.

Courage Center

Courage Center's Wellness & Fitness program offers programs, classes and activities for people with physical disabilities from age 11 to seniors. Courage Center offers accessible fitness centers in two locations: Golden Valley and Stillwater. Both locations offer state-of-the art accessible equipment. For more information, call Judy Giergielewicz at 763-520-0416.

Some of the classes and programs offered at the Golden Valley location are as follows:

- Stay Fit
Customized exercise program with fitness staff based on your needs.
By appointment only.
\$165.00 for 10 half hour sessions
Lisa Laurent 763-520-0369
- Adapted Yoga
Mon. 6:30-8 pm; \$32.00 per session
- Tai Chi
Tues. & Thurs. 9:30-10:30 am;
Wed. 7 pm; \$40 for 10-visit pass

Arthritis Foundation

The mission of the Arthritis Foundation is to improve lives through prevention, control, and cure of arthritis. The Arthritis Foundation is the largest private, non-profit contributor to arthritis research in the world and has invested over \$272 million on research. Locally, the Arthritis Foundation's North Central Chapter provides educational opportunities for people with arthritis and their families and serves over one million people in Minnesota, North Dakota and South Dakota. The Chapter offers over 60 exercise programs and 50 support groups.

For more information or a list of offerings, contact them at www.arthritis.org or 651-644-4108.