

Arthritis at a Glance

The word “arthritis” means joint inflammation and refers to more than 100 rheumatic diseases. Rheumatism is a word used to describe any painful condition in the muscles, bones, tendons, and joints.

46 million Americans are diagnosed with arthritis.

Arthritis is 3 times more likely to affect women than men.

Arthritis is the leading cause of disability for Americans over age 15

Annually, the cost of Arthritis is approximately \$128 billion.

Symptoms of arthritis may include pain, weakness, and fatigue that may lead to disability, depression, and a vicious cycle that is hard to break

Why not do something to take responsibility for your own body. The Arthritis Foundation Aquatic Program at Galeon can help you recognize and acknowledge how your body is moving and feels. Learning to do this will allow you greater control over your arthritis and how it effects your life.

ARTHRITIS FOUNDATION AQUATIC PROGRAM



Growing Stronger

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Arthritis Foundation Aquatic Program

Water is a safe, ideal environment for relieving arthritis pain and stiffness. That's why the Arthritis Foundation offers its Aquatic Program, designed to safely keep your joints moving and improve your sense of well-being.

The Arthritis Foundation Aquatic Program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility, while enjoying decreased pain and stiffness.

The Arthritis Foundation Aquatic Program also provides a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem.

Special versions of the program include a deep water course and a juvenile course.

Benefits of the Arthritis Foundation Aquatic Program

Increased feeling of well-being

Increased socialization

Decreased depression and isolation

Decreased pain and stiffness

Improved or maintenance of mobility and flexibility

Improved posture

Increased strength and endurance

Improved balance and coordination

Increased ability to perform daily activities

Improved methods for joint protection and self-care skills

Where are the classes held?

The Arthritis Foundation Aquatic Program at Galeon will be held in our beautiful Natatorium, located in our Wellness Center. The pool is kept at a constant 88 degrees and varies in depth from 3.5 to 5.0 feet. The Galeon Natatorium also boasts a whirlpool that is kept at 98 degrees, and can seat up to 8 people at any given time. Current classes are held at 10am on Monday & Wednesday mornings.

What type of credentials do the instructors have?

Each Arthritis Foundation Aquatic Program instructor has attended a one-day instructor training certification workshop every three years. Each Galeon instructor must also teach at least one six-week course every six months.

How long do the classes last, and how long are the sessions?

Each class will last 30-45 minutes, depending on what the instructor needs to cover that day. Each class session lasts six-weeks.

Is there a cost for the class?

There is no fee for the class as long as your membership to the Galeon Wellness Center is current.

How do I get signed up?

Simply show up for one of the classes and we will get any paperwork, etc. taken care of.

Who can I call with questions?

Tony Van Acker at 320-859-6280