

Healthy Aging Program

Get Fit



Utah Department of
Health & Human Services
Population Health

Our vision is to empower adults to age well. There is a workshop for everyone and most of our classes are no charge. Register at healthyaging.utah.gov.

Program	Description	Time	Audience	Cost
Arthritis Foundation Exercise Program (AFEP)	The Arthritis Foundation Exercise Program (AFEP) is a low-impact class. Exercises relieve stiffness and decrease arthritis pain.	1 hour class 3 classes/ week 8-12 weeks or ongoing	Adults with arthritis or anyone wanting to establish an exercise routine.	No cost
Enhance®Fitness (EF)	The EnhanceFitness® (EF) class focuses on stretching, flexibility, balance, low impact aerobics, and strength training.	1 hour class 3 classes/ week Offered ongoing basis	Adults of all levels who want to establish an exercise routine.	No cost
Tai Chi (TC)	Tai Chi is an enjoyable exercise that can relieve your pain, improve your health.	1 hour class	Anyone 65 and older is welcome to join!	No cost
Version 1: Walk With Ease Group (WWE)	Trained group leaders begin each exercise session with a lesson on a topic related to exercise and arthritis, followed by a 10- to 40-minute walk.	6 week program 1 hour class 3 classes/ week	Adults with arthritis pain or just want to be active.	No cost or book purchase cost
Version 2: Walk With Ease Self Directed (WWE-SD)	An individual uses the Walk With Ease Guidebook to complete the six-week program on his/her own.	6 week program Walk 3 days/ week	Adults with arthritis pain or just want to be active.	Book purchase cost
Version 3: Walk With Ease Self-directed Enhanced (WWE-SDE)	A group of individuals begin and end the six-week program at the same time. A leader coordinates communication to motivate and encourage you.	6 week program Walk 3 days/ week	Adults with arthritis pain or just want to be active.	Book purchase cost

healthyaging.utah.gov or Call 888-222-2542