

## ***Arthritis Answers Podcast #5***

### **Bumps in the road part 2: Finding the place for exercise**

#### **Show Summary**

If you're just starting out exercising and you may know what you want to do. But figuring out where to do it may be tricky. If you've been exercising for a while and are in a rut, it may be time to try something, or somewhere, new. We'll walk you through some of your options today.

#### **Show Outline**

Welcome

Arthritis Answers Podcast

Mission: To bring you evidence-based information related to arthritis and rehabilitation.

Organization: The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT)

Located at Boston University's College of Health and Rehabilitation Sciences: Sargent College.

Mission: "To enhance the lives of people with arthritis through research, training and community-based activities. ENACT strives to change the paradigm for arthritis research and intervention from a focus on disease and limitation to a focus that emphasizes active living and participation."

Host: Karen Jacobs, EdD, OTR/L, CPE, FAOTA. Clinical Professor of Occupational Therapy at Boston University.

Producer/host: Sara Crandall, candidate for Doctor of Physical Therapy degree at Boston University

Faculty mentor and co-author: Julie J. Keysor, PT, PhD

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Finding the Place for Exercise

Home

**Resource:** Arthritis Foundation videos for home exercise

Gym

**Resource:** Tips for Finding the Perfect Gym for Boomers- Arthritis

Foundation

How to find a gym- WebMD

Personal Trainers

**Resource:** [Personal trainer specialties](#)

## Community Programs

**Resources:** [Centers for Disease Control- Arthritis exercise programs](#)  
[Arthritis Foundation programs](#)  
[Arthritis Foundation local chapters \(local program access\)](#)

## Fun Activities/Sports

Check back soon for the next podcast! Upcoming topics include strategies to sustain your career with arthritis and rehabilitation interventions for arthritis.

## Contact Information

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[ENACT on Facebook](#)

[ENACT Exercise Resources](#)

[ENACT Mailing List/Newsletter](#)

## Additional Resources

[Arthritis Foundation- Types of exercise](#)

[Arthritis Foundation- Online exercise guides](#)

**Acknowledgements:** A special thank you to the following reviewers of this podcast: Kristin Baker, Lee Marinko, Jean Peteet, Dan White, and project advisor Julie Keysor. Without your feedback and expertise, this podcast would not be possible.

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