

Criteria for Program Leader or Instructor

Start improving lives through Arthritis Foundation programs today. To teach classes, you need to successfully complete an Arthritis Foundation training workshop. Training prerequisites vary per program. In general, to become trained, you need to meet criteria such as the following:

- Be willing to commit to teaching at least one class series per year (must teach six class sessions within six months to become certified)
- Have an affiliation with a facility approved by the Arthritis Foundation
- Have experience/ education in health, exercise or fitness field (Arthritis Foundation Exercise Program)
- Be certified in CPR (Arthritis Foundation Aquatic Program or Arthritis Foundation Exercise Program) and meet basic swim requirements or have lifeguard or water safety/ rescue certification (Arthritis Foundation Aquatic Program)
- Other desirable characteristics include personal or professional experience working with people with arthritis or disabilities; interest in working with groups; and interest in health, exercise and a proactive approach to health management

*Be a part of the solution...
Find out about becoming an
Arthritis Foundation Leader
or Instructor today!*

How the Arthritis Foundation Helps

The Arthritis Foundation is an active participant in the training, quality monitoring and marketing of its Life Improvement Series programs. Arthritis Foundation assistance may include:

- Marketing support through Arthritis Foundation nationally produced promotional flyers, Web site listings and referrals
- Specialized training for leaders/instructors and national certification for those who teach at approved sites
- Program updates when needed, program evaluation and monitoring support
- Connection to other Arthritis Foundation educational resources, programs and services

