

Group meetings

First year topics

Welcome – introduction
Goal-setting
Physical activity in RA
Changing behavior
To overcome barriers
Pain/strength exercise
Fatigue (circuit exercise)
Sleep and stress
HEPA and new life style
Try alternative, new activities
Maintaining physically active
Relapse prevention
Open content (2 occasions)
Beliefs
Risk situations (2 occasions)
Social support – invite family
and friends

Optional group meetings

Second year topics

Maintaining HEPA
Motivation and circuit exercise
Support
Self efficacy
Supporters
Developing good habits
Maintaining good habits

Educational material

Changing behavior
HEPA
HEPA in RA
Everyday exercise
Aerobic exercise
Strength exercise
Cool down
Stretching
Measures

My test results

Aerobic capacity
Muscle function
Fox test
BMI
Waist circumference