

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised, aquatic exercise program on the physical and psychological health of older adults with arthritis. The study was a randomized, controlled trial. The study population was 40 older adults with arthritis, who were randomly assigned to either an aquatic exercise group or a control group. The aquatic exercise group performed a 12-week, low-intensity, supervised, aquatic exercise program. The control group performed a 12-week, low-intensity, supervised, aquatic exercise program. The study was conducted in a community center. The study was approved by the Institutional Review Board of the University of Illinois at Chicago. The study was funded by a grant from the National Institutes of Health. The study was published in the *Journal of Aging and Health* in 2005.

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**Clifford Lane**



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