



## Take the ACE Survey on Arthritis and Exercise!

*Every little bit of exercise counts and it's never too late to start*

Engaging in exercise regularly can be a challenge. Time is limited, resources are difficult to access, or it is not clear which exercises are “best”. In most cases, exercise routines evolve as a result of the diagnoses and people are well supported in their exercise journey. While some people lack the guidance or support needed to continue or begin exercising.

To learn more about what we can do to support people living with arthritis in their exercise journey, Arthritis Consumer Experts (ACE) is launching the “ACE Survey on Exercise”. Your responses will help us develop tools and education programming to best support you on your journey with arthritis.

The Survey is open to people living with any form of arthritis and will take approximately 10 minutes to complete. Your identity will not be known, your responses will be anonymous. The Survey results are stored in a secure database. **The Survey deadline is March 31, 2022.**

**Follow this link to take the survey:** <https://www.surveymonkey.com/r/ACESurveyExercise>

We sincerely thank you for your time and participation! – *Arthritis Consumer Experts*