SAA’s new exercise video, *Back in Action, Again*, which includes cardio, strength, stretch, and yoga exercises specifically designed for people living with spondyloarthritis is now available. Scan the QR Code for the direct link.

Find additional resources and information on spondyloarthritis at spondylitis.org. We’d love to hear from you! Email info@spondylitis.org, or call (800) 777–8189.

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**Disclaimer:** We advise that you consult your physician, physical therapist, or other health care professional before starting this sample exercise program, and seek guidance in personalizing the movements for your specific needs. To reduce risk of injury, please do not perform any movement that feels unsafe, or causes pain. By performing these movements, you are doing so at your own risk. The Spondylitis Association of America is not responsible or liable for any injury or harm sustained as a result of taking part in this sample exercise program.