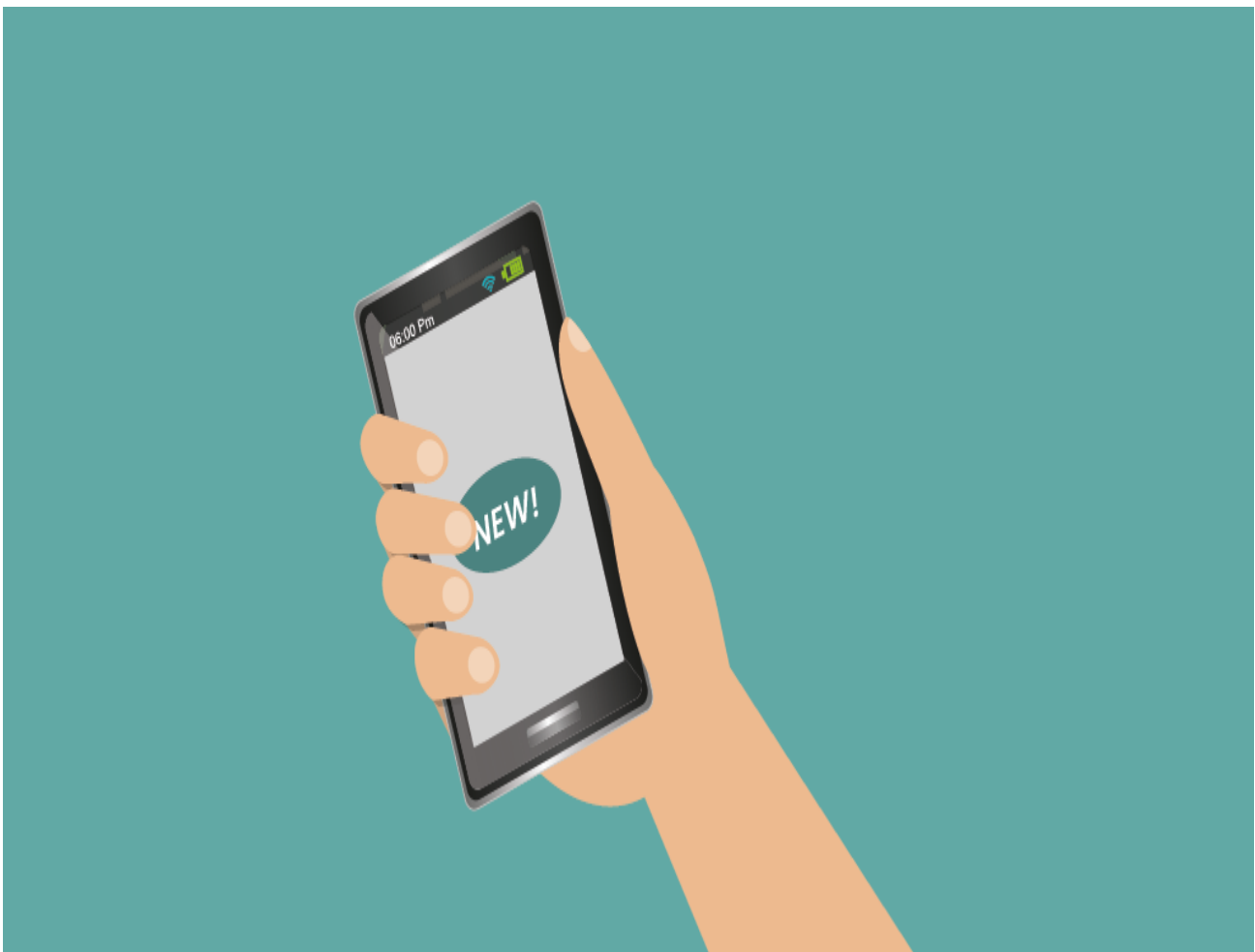


Resource

Get involved in a new Exercise App

Exciting Volunteer Opportunities to Partner with NRAS and Good Boost on a New Exercise App!

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As we know, incorporating exercise into your life can help alleviate RA and JIA symptoms and improve mental and emotional health.

NRAS is one of the partners on a Virtual Community Rehabilitation (VCR) project led by Good Boost which will delivering support to those living with MSK conditions in the form of peer-led, virtual group exercise classes. The project will utilise technologies demonstrated to alleviate pain and improve quality of life and allow anyone to benefit from the comfort of their own home.

Once fully developed, the App will enable people with RA or JIA to use their smartphone or tablet to join fun, engaging, peer-led, virtual group exercise classes with others who share similar experiences.

Good Boost's multi-award winning team of physiotherapists, clinicians and AI specialists are now looking to organise focus groups encompassing a wide range of people of all ages and backgrounds to provide feedback on the App before its launch in Spring 2022. The Good Boost team want to conduct comprehensive analysis and evaluation to ensure that the App not only delivers tailored and personalised exercises, but also provides the ability to set individual and group goals as well as a virtual chat room for people to come together and share their thoughts and experiences.

Opportunity 1 – Virtual Community Exercise Volunteer Host

NRAS is now looking to recruit 4-6 volunteers who would be keen to be peer Virtual Community Exercise Volunteer Hosts on this programme. If this role appeals to you and you would like to find out more (and you are available to take part in an online focus group on Wednesday, 8 September from 5pm to 5.45pm).

[Register your interest](#)

Opportunity 2 –Focus Group Participant

Would you like to give feedback on the App and influence its future development? The Good Boost team want to hear your thoughts and make sure the App really makes a difference to those living with MSK conditions like RA and JIA. If you would like to contribute and are available to take part in an online focus group on Wednesday, 8 September from 5.45pm to 6.30pm).

[Register your interest](#)

Thank you for your support.

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