



Abstract – *Background:* The purpose of this study was to determine the effect of a 12-week, supervised, low-impact exercise program on the physical and psychological health of older adults with arthritis. *Methods:* A total of 100 older adults with arthritis were recruited from a community-based arthritis support group. They were randomly assigned to either a supervised, low-impact exercise program or a control group. The exercise program consisted of 12 weeks of supervised, low-impact exercise, including walking, swimming, and stretching. The control group received no intervention. *Results:* The exercise program had a significant positive effect on the physical and psychological health of the older adults with arthritis. The exercise group showed significant improvements in physical function, pain, and mood compared to the control group. *Conclusion:* A supervised, low-impact exercise program can improve the physical and psychological health of older adults with arthritis.