

Exercising with arthritis

Staying physically active is important for everyone, whether or not you have arthritis. The benefits range from helping you to maintain a healthy weight, blood pressure, and cholesterol level, through to feeling more energetic and positive about life.

For people affected by arthritis, exercise is beneficial in pain management, prompting your body to produce more of the natural feel-good hormones that help to dampen pain.

Regular exercise and stretches relieve joint stiffness, helping to maintain the joints' optimal range of motion.

The strength and flexibility of muscles around your joints are improved with exercise, relieving some of the pressure and easing pain and inflammation.

Staying active boosts the production of the fluid inside your joints, which keeps them lubricated, acting as a buffer against injury.

As well as keeping bones and muscles strong, exercise helps to improve your balance, which will increase your confidence and prevent injury-inducing falls.

Strength & Balance Program

Exercising in Strength & Balance Program classes is an effective and social activity.

Taking part in the program helps improve muscle strength and regain confidence in daily activities, while reducing discomfort in musculoskeletal conditions.

Arthritis

NEW SOUTH WALES

- SINCE 1967 -

Strength & Balance Program

Apply or enquire at:

gentleexercise@arthritisnsw.org.au

Phone: 02 9857 3300

Arthritis Info Line: 1800 011 041

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www.arthritisnsw.org.au

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For information on how to support us, please visit:

www.arthritisnsw.org.au

STRONG

BEYOND ARTHRITIS

STRENGTH & BALANCE EXERCISE



Gentle exercise classes for people living with arthritis

Arthritis
NEW SOUTH WALES

About us

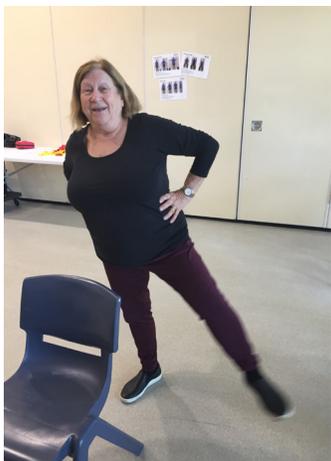
At Arthritis NSW, we seek to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. One of our key priorities is to provide education, information and health services that empower people to manage their own health.

How you can engage with us

Members have access to a range of exclusive resources and benefits, such as our popular *Arthritis Matters* magazine and discounts on classes and events. For more information visit: www.arthritisnsw.org.au/membership/about.

Another good way to stay up-to-date with our health education events and services is to subscribe to our monthly eNewsletter. Sign-up at: eepurl.com/9rFd5

By liking our Facebook page at www.facebook.com/ArthritisNSW you will receive regular news posts relevant to managing your arthritis.



Our classes

STRONG BEYOND ARTHRITIS

STRENGTH & BALANCE EXERCISE

We currently offer our Strength & Balance Program classes at several locations across metropolitan Sydney, with plans to expand the program throughout regional and rural NSW.

Unlike standard water-aerobic exercise classes, our program has been developed specifically to benefit people affected by arthritis by building muscle strength through weight bearing exercise. All classes are led by tertiary qualified health professionals.

Classes are held during the NSW Department of Education school term, each program typically running for 9 or 10 weeks. Each program is held twice a week and is 45 minutes long. All email users will receive a exercise tips and education posts weekly.

Benefits of the program

The class is multi-faceted: it increases strength in your muscles, helps with flexibility, improves balance and reduces the risk of falls.

Our classes are designed for small groups of 10 people. The class is circuit-based and your instructor will customise the exercise program to your personal needs.

How to join



To join one of our Strength & Balance Program classes, call us on 02 9857 3300 or email: gentleexercise@arthritisnsw.org.au. We'll let you know the details and availability of your nearest class and send you the Enrolment Form and a Medical Clearance Form which you will need your GP to complete and sign.

Alternatively, visit our website at: www.arthritisnsw.org.au/health-services/exercise-classes/strength-balance-exercise-classes/ for current information, and submit an Expression of Interest form online.

Other services

If you or someone you know is affected by arthritis, we offer a number of services which may be of interest. These include:

- Warm Water Exercise classes – strongly recommended for those already participating in the Strength & Balance Program
- health education events
- camps for kids with juvenile arthritis and their families.