

## 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.

## Warm water exercise

Exercising in warm water is a comfortable and effective activity for people living with arthritis.

The buoyancy of the water supports the body, taking the weight off inflamed and painful joints. The warmth of the water helps to loosen up and relax tight joints, easing soreness and soothing any pain.

# Arthritis

NEW SOUTH WALES

- SINCE 1967 -

## Warm Water Exercise Classes

Apply or enquire at:

[gentleexercise@arthritisnsw.org.au](mailto:gentleexercise@arthritisnsw.org.au)

Phone: 02 9857 3300

Arthritis Info Line: 1800 011 041

Subscribe to eNews: [Eepurl.com/9rFd5](http://Eepurl.com/9rFd5)

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## Support our work

As a non-government charitable organisation, we rely on the generosity of our donors, sponsors, members and other supporters to help us deliver our valuable services.



For information on how to support us, please visit:

[www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)

# STRONG

BEYOND ARTHRITIS

## WARM WATER 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](http://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](http://eepurl.com/9rFd5)

By liking our Facebook page at [www.facebook.com/ArthritisNSW](http://www.facebook.com/ArthritisNSW) you will receive regular news posts relevant to managing your arthritis.



# Our classes



We currently offer our warm water exercise classes 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 for people affected by arthritis. All classes are led by trained health professionals, with the minimum qualification of a Fitness Certificate IV covering hydrotherapy. A number of classes are run by physiotherapists and are eligible for health fund claim receipts.

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

## Benefits of warm water exercise

The role of the water in your exercise class is two-fold: not only does it soothe and support your body, it also offers resistance to your movements, acting somewhat like a weight to help strengthen your muscles while you exercise.

Our unique exercise classes are designed for small groups. Everyone in the class follows the same routine, but your leader will show you how to adjust the exercise to fit your personal needs, such as varying the pressure you exert on the water.

Warm water exercise is an excellent way for people with arthritis to build strength, ease stiff joints and relax sore muscles with its therapeutic properties.

# How to join



The first step to joining one of our warm water exercise classes is to call us on 02 9857 3300 or email: [gentleexercise@arthritisnsw.org.au](mailto:gentleexercise@arthritisnsw.org.au). We'll let you know where your nearest class is located, the days and time of the classes, and the current availability. We will then send you the required forms, including 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/warm-water-exercise-classes](http://www.arthritisnsw.org.au/health-services/exercise-classes/warm-water-exercise-classes) for the most up-to-date 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:

- Strength & Balance exercise classes – strongly recommended for those already taking warm water classes
- health education events
- camps for kids with juvenile arthritis and their families.