

STRONG

BEYOND ARTHRITIS

WARM WATER EXERCISE



WARM WATER EXERCISE
Gentle exercise classes for people
living with arthritis

 **Arthritis
& Osteoporosis**
NEW SOUTH WALES

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 joint's optimal range of motion.

The strength and flexibility of muscles around your joints are improved with exercise, relieving some of the pressure on the joint itself 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 and prevent injury-inducing falls.

Warm Water Exercise

Exercising in warm water is one of the most comfortable and effective ways that a person with arthritis can exercise. The buoyancy of the water supports the body, taking the weight off inflamed and painful joints. The warmth of the water helps tight joints to loosen up and relax, easing soreness and soothing any pain.

About us

At Arthritis & Osteoporosis 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 www.eepurl.com/9rFd5

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



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We currently offer our warm water exercise classes at six locations across metropolitan Sydney (Campsie, Castle Hill, Epping, Lane Cove, Potts Point and Ryde), and in Wollongong,

Unlike standard water-aerobic exercise classes, our program has been developed specifically for people affected by arthritis. All classes are lead by trained health professionals, with the minimum qualification being 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.

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 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. Our classes also incorporate an education component on managing your condition

Warm water exercise is an excellent way for people with any form of arthritis to build strength, ease stiff joints and relax sore muscles.



The first step towards joining one of our warm water exercise classes is to contact us by phone on 02 9857 3300 or by email at 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. Alternatively, visit our website at www.arthritisnsw.org.au/health-services/exercise-classes/warm-water-exercise-classes/ for the most up to date information and register your interest.

We will then send you the required forms for you to complete, including the Enrolment Form and a Medical Clearance Form which you will need your GP to complete and sign.

Class information

As at October 2018, the price per class is \$15 for members, \$20 for non-members.

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 participating in Warm Water Exercise
- Health Education Events – Webinars, Workshops and Community Awareness Sessions
- Camps for Kids and their families

Arthritis & Osteoporosis

NEW SOUTH WALES

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Apply or enquire at:

gentleexercise@arthritisnsw.org.au

Phone: 02 9857 3300

Arthritis InfoLine: 1800 011 041

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For information on how to support us, please visit: www.arthritisnsw.org.au