

Don't let pain,
stiffness or inexperience
HOLD YOU BACK

It's so easy to get started:

1. Find out more call
1800 011 041
2. Pre-exercise
assessment
3. Local classes
4. Grab your shoes and
have some fun

Open to all ages

All abilities and fitness levels

Local provider details

Get started today!
1800 011 041

www.thejointmovement.org.au

*The Joint
Movement*

Arthritis
AUSTRALIA

SPORT
AUS
MOVE IT AUS
BETTER AGEING
GRANT

The Australian Government has provided
funding to support this project.

**Group Strength
Training Classes**



THE JOINT MOVEMENT®
Proven to improve health
and wellbeing



MOVE BETTER, FEEL BETTER

Exercise strengthens muscles, bones and joints.

Stronger muscles help you do more.

And if you experience pain, exercise actually helps reduce pain by taking strain off your joints.

No matter what your age, the evidence is loud and clear: simple strength training completed regularly, can and will help.

Strength training involves working your muscles a little harder than you would in normal life, using hand or leg weights, resistance bands and even your own body weight.

STRENGTH TRAINING

Strength training has specific, well-proven benefits for people of all ages, abilities and fitness levels.

Benefits include:

- ✓ Less pain without further medications
- ✓ Better movement and balance, flexibility and co-ordination
- ✓ Improved ability to undertake daily activities
- ✓ Better stamina and energy levels
- ✓ Better recovery from joint surgery
- ✓ Improved feelings of wellbeing

Suitable for beginners

THE JOINT MOVEMENT PROGRAM®

- ✓ Evidence based
- ✓ Light - moderate exercise program
- ✓ Designed specifically for those experiencing arthritis-related symptoms
- ✓ Fun and beneficial for anyone - with or without arthritis

Anyone can get involved

The Joint Movement Programs® are all run by experienced exercise professionals who complete specialised training. So you can be confident that you're exercising safely, correctly and for maximum benefit.

Strength training - **BENEFITS FOR ALL**