

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 swimmers  
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](http://www.thejointmovement.org.au)

*The Joint  
Movement*

**Arthritis**  
AUSTRALIA



The Australian Government has provided  
funding to support this project.

**Group Warm Water  
Exercise 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.

### Suitable for beginners

Exercising in warm water (around 34°C) is one of the most comfortable and effective ways that people experiencing pain can improve fitness, health and wellbeing.

## GROUP WARM WATER TRAINING EXERCISE

Warm water exercise improves your strength by supporting your body as you exercise, taking the weight off inflamed and painful joints.

Benefits include:

- ✓ Relaxation and loosening up of tight joints and muscles
- ✓ Less pain without further medication
- ✓ 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
- ✓ Aerobic exercises for a total body workout

## 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.

Group warm water exercise - **STRONGER WITH LESS PAIN**