

#### FOUNDATION®

Take Control. We Can Help.™

Fitness: from Pilates to Power Lifting; Choosing what's right for you.

Presented by: Kathy Geller, Certified Fitness Trainer

# Experts Agree Movement is the best medicine College of Sports Medicine recommends -30 minutes of Moderate intensity exercise/ activity for 5 days per week. (150 minutes) -Moderate intensity muscle strengthening two times per week Flexibility Exercises 2-3 days a week

- Weight loss-11 lbs reduces knee pain by 50%
- Maintaining proper weight will reduce your risk for arthritis in weight bearing joints

#### **Studies Show**

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- Risk of heart disease is increased in people with Rheumatoid Arthritis
- Higher intensity exercise (to tolerance) improves aerobic and muscular fitness in people with <u>stable</u> arthritis
- Higher intensity exercise helps to increase selfefficacy improving emotional health and the ability to cope



#### Behavioral Changes a.k.a. things no one wants to hear about • Weight loss (management) • Exercise • Pacing Your Activities • Utilizing technology/devices (braces/orthotics) • Exercise in order to play your sport • Exercise is about continuing, not starting and stopping

#### **Self Management Strategies**

- Exercise
- Pacing or Modifying Your Activities
- Heat and Cold
- Pain Management
- Physical and Occupational Therapy



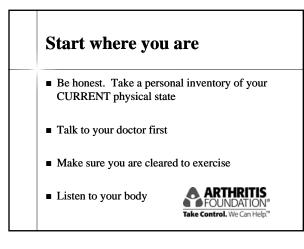
# Be innovative about the way you approach exercise

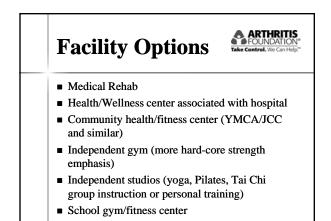
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Not all exercise is the same

- Range of Motion/Flexibility
- Strengthening
- Aerobic/Conditioning
- Balance







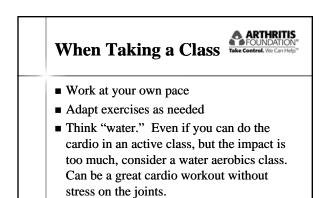
# What to Look for in **CONTRACT ON TABLE CONTRACT ON TABLE CONTROL** WE CAN HERE

- Location
- Staff
- Hours
- Types of Classes
- Fee structure
- Reputation
- Try before you buy



## Looking for Group Fitness? Secontrol. We can Help? • Ask to observe the class first

- Talk to the instructor
- Ask if the leader has experience in "adaptive" strategies or has worked with individuals like yourself
- Explore different class formats/instructors
- Bring a friend
- Consider your personality



# Let's explore a few options

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- Pilates
- Yoga (Gentle Yoga, Chair Yoga)
- Senior Exercise
- Tai Chi
- Spinning
- Dance-based workouts (Zumba Gold, line dancing)



<b>Options continued</b>	Take Control. We Can H
•Walking	
<ul> <li>Free weights</li> </ul>	
<ul> <li>Weight machines</li> </ul>	
<ul> <li>Sports-golf, tennis</li> </ul>	

# Safety Tips • Level of pain • Energy level • Joint stiffness • Two hour pain rule

#### Exercising Gracefully: ARTHRITIS FOUNDATION Take Control. We Can Help? Meeting the Challenges

- Acceptance
- Know limitations
- Adapt to each challenge
- Revise or set new goals
- Develop support system
- Be creative
- Keep moving!



# Be Kind To Yourself You may be tired and in pain one day, but not the next – symptoms are variable Set short-term as well as long-term goals but remember it's not as important to attain your goals as it is to <u>try</u> to reach your goals

# Arthritis Foundation

- Evidence-based programs (over 8,000 participants in NJ)
   Arthritis Foundation Tai Chi Program Arthritis Foundation Aquatic Program Arthritis Foundation Exercise program Walk with Ease
- Educational programs in the community & workplace
- Literature, Physician List
- Web Site www.arthritis.org

#### Thank you

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The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

> <u>www.arthritis.org</u> <u>www.fightarthritispain.org</u> www.letsmovetogether.org