




	<p>Fitness: from Pilates to Power Lifting; Choosing what's right for you.</p> <p><small>Presented by: Kathy Geller, Certified Fitness Trainer</small></p>

	
	<p>Experts Agree</p> <ul style="list-style-type: none"> ■ Movement is the best medicine ■ College of Sports Medicine recommends <ul style="list-style-type: none"> -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

	
	<p>Studies Show</p> <ul style="list-style-type: none"> ■ 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 self-efficacy improving emotional health and the ability to cope

	<p>Behavioral Changes a.k.a. things no one wants to hear about</p> 
	<ul style="list-style-type: none"> ■ 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

	<p>Self Management Strategies</p>
	<ul style="list-style-type: none"> ■ Exercise ■ Pacing or Modifying Your Activities ■ Heat and Cold ■ Pain Management ■ Physical and Occupational Therapy 

	<p>Be innovative about the way you approach exercise</p>
	<p>Not all exercise is the same</p> <ul style="list-style-type: none"> ■ Range of Motion/Flexibility ■ Strengthening ■ Aerobic/Conditioning ■ Balance 

	<h3>Start where you are</h3>
	<ul style="list-style-type: none"> ■ Be honest. Take a personal inventory of your CURRENT physical state ■ Talk to your doctor first ■ Make sure you are cleared to exercise ■ Listen to your body





	<h3>Facility Options</h3>
	<ul style="list-style-type: none"> ■ Medical Rehab ■ Health/Wellness center associated with hospital ■ Community health/fitness center (YMCA/JCC and similar) ■ Independent gym (more hard-core strength emphasis) ■ Independent studios (yoga, Pilates, Tai Chi group instruction or personal training) ■ School gym/fitness center





	<h3>What to Look for in a Facility</h3>
	<ul style="list-style-type: none"> ■ Location ■ Staff ■ Hours ■ Types of Classes ■ Fee structure ■ Reputation ■ Try before you buy





	Looking for Group Fitness? 
	<ul style="list-style-type: none"> ■ 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


	When Taking a Class 
	<ul style="list-style-type: none"> ■ Work at your own pace ■ Adapt exercises as needed ■ Think “water.” Even if you can do the cardio in an active class, but the impact is too much, consider a water aerobics class. Can be a great cardio workout without stress on the joints.


	Let’s explore a few options 
	<ul style="list-style-type: none"> ■ Pilates ■ Yoga (Gentle Yoga, Chair Yoga) ■ Senior Exercise ■ Tai Chi ■ Spinning ■ Dance-based workouts (Zumba Gold, line dancing)

	 <p>Options continued</p>
	<ul style="list-style-type: none"> ▪ Walking ▪ Free weights ▪ Weight machines ▪ Sports-golf, tennis

	 <p>Safety Tips</p>
	<ul style="list-style-type: none"> ■ Level of pain ■ Energy level ■ Joint stiffness ■ Two hour pain rule

	 <p>Exercising Gracefully: Meeting the Challenges</p>
	<ul style="list-style-type: none"> ■ Acceptance ■ Know limitations ■ Adapt to each challenge ■ Revise or set new goals ■ Develop support system ■ Be creative ■ Keep moving!

	Be Kind To Yourself 
	<ul style="list-style-type: none"> ■ 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

	Services Provided by the Arthritis Foundation 
	<ul style="list-style-type: none"> ■ 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 
	<p><i>The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.</i></p> <p>www.arthritis.org www.fightarthritispain.org www.letsmoveitogether.org</p>
