



The Joint Movement helps people over 65 with arthritis to exercise

Classes are designed to help people aged 65 years and over manage pain and stiffness, increase strength and fitness and improve their quality of life.

The Joint Movement is a group-based exercise program designed for people with arthritis and other chronic musculoskeletal conditions.

The Joint Movement offers two group exercise class options Land-based (Gym) OR Warm Water exercise.

Land based Gym Exercise Only Classes give you a full-body workout aimed at improving strength, movement and fitness. Strength training is a name for activities or exercises that build the strength of your muscles. Strength training involves working your muscles a little harder than you do in normal life, usually against some form of resistance. Each class incorporates a range of exercises to help you to move better. These classes also provide the benefit of giving you an overall body workout.

Wednesday Afternoon class (1pm - 2pm) - Classes will be available to start from 22 January 2020.

OR

Water based Only Exercising in water can be one of the best ways for people with arthritis-related symptoms to exercise comfortably and effectively. Warm water exercise takes the weight off stiff and painful joints. It also helps muscles to loosen up and relax, easing soreness and soothing pain. For water exercise classes, you do not have to be able to swim to join in. You will not need to put your head underwater but you should feel confident to let go of the pool edge and walk around in the pool on your own.

Thursday Afternoon class (4pm—5pm) - Classes will be available to start from 23 January 2020.

HOW IT WORKS Joining an exercise program is easy. Get started in four easy steps.

1. Refer yourself, or be referred by your GP
2. Undertake a pre-exercise assessment
3. Attend your 10-week exercise classes
4. Complete a follow-up assessment with an exercise professional

A follow-up assessment provides you and your referring GP with a report on your progress.

If you wish to continue with the classes, ongoing sessions will be available to you. You will not need another pre-exercise assessment for this.

The Joint Movement Program is a 12-week group exercise program made especially for people 65 and over with arthritis-related symptoms.

The 12-week Program is available as either a land based program (gym) or a warm water based program.

The Joint Movement is run by trained fitness professionals and/or exercise physiologist at the Green Apple Wellness Centre at Bald Hills, so you can be sure that you are exercising safely, correctly and for the most benefit!

Cost - \$120 for 12 weeks (Pre-Payment Required).

This equals just \$10 per class!

Call 1800 011 041 to register today!!

