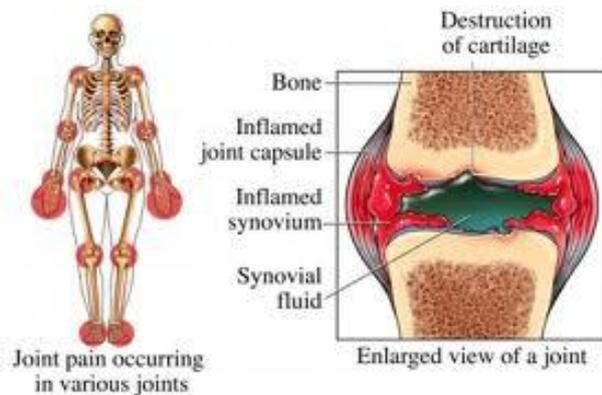




How OutRageous – Dispelling the myths about Exercising with Rheumatoid Arthritis



Rheumatoid Arthritis
 An inflammatory illness that affects the joints and the entire body (systemic) Chronic Disease with no cure and symptoms that may last a lifetime.

Arthritis NZ states that studies show that regular and appropriate physical activity help improve pain tolerance, mood and quality of life for people with arthritis. A good physical activity programme is possible for people of all abilities, sizes, ages and attitudes.

Benefits of physical activity include:

- Reduced joint pain and stiffness
- Increased joint flexibility and movement
- Development of muscle strength & relief of muscular tension
- Keeping bones and cartilage healthy and strong
- Helping to control joint swelling
- Building up heart and lung function
- Assistance in developing good sleep patterns & reducing fatigue

Everyday tasks can be challenging, and the idea of becoming more physically active can be overwhelming and your clients can be experiencing ongoing pain, joint stiffness and fatigue which can be extremely discouraging. Symptoms of arthritis and coping with this condition are not linear. This means for many one day they are symptom free & other days without reason in a flare.

Is Exercise Safe If You Have Rheumatoid Arthritis?

Is exercise safe? Yes -- certain kinds of exercise are proven to be safe for people with rheumatoid arthritis. There are three types you can do: stretching, strengthening, and conditioning.

- Stretching exercises are the simplest and easiest. They consist of stretching and holding different joint and muscle groups for 10 to 30 seconds each. Stretching improves flexibility, and daily stretching is the basis for any [exercise program](#).
- Strength exercises involve working the muscle against resistance. This can be either with or without weights. Resistance training strengthens the muscle and increases the amount of activity you can do pain-free.
- Conditioning exercise to improve cardiovascular fitness. Good conditioning exercises for people with rheumatoid arthritis include low-impact activities like walking, swimming, bicycling, or low impact boxing. .. Any of these will get your heart pumping. It makes your heart and blood vessels healthier, prevents disability, and improves mood and well-being

After being cleared by your doctor, you should try to do 20 to 30 minutes of low-impact conditioning exercise on as many days as you feel you can.
Move more More is better, but any amount is better than none at all!

Exercises to Avoid if You Have Rheumatoid Arthritis

Are there any kinds of exercise you should avoid if you have rheumatoid arthritis? In general, you should be careful about activities that put a lot of stress on a joint, or are "high-impact," such as:

- Jogging, especially on paved roads, Heavy weight lifting, contact sports, jarring of joints

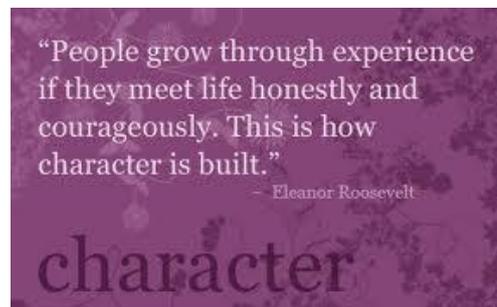
TOP TAKE HOME TIPS

1. One in six New Zealander's over the age of 15 are currently living with Arthritis?
2. There are over 140 type of Arthritis
3. Arthritis is the single greatest form of disability in NZ
4. Experiencing ongoing discomfort, joint stiffness and fatigue can make everyday tasks challenging, and the idea of becoming more physically active can be overwhelming.
5. When acute episodes of pain and inflammation occur (known as flares) exercise should cease
6. Seek medical advice and be part of your clients team - GP, Physio, Specialist Team
7. Complete base testing and where possible record diagnostic testing – Specialist Team
8. Include low impact conditioning, resistance and stretching Warm Up, PPL, Warm Down, Stretch.
9. Let your client guide you on their pain & discomfort levels, be flexible around cancellations,
10. Keep your sessions positive, functional & reinforce their gains and always have fun

Catherine Grace
Chief of Smiles & Leap Coach
Lifestyle, Exercise, Alonetime & Positivity

p +64 275327248
e cate@leap2it.co.nz
fb www.facebook.com/cate.leap2it
fb www.facebook.com/leap2it
t www.twitter.com/leap2it
w www.leap2it.co.nz

NZ Fitness Awards 2011 - HQH Up & Coming Personal Trainer of the Year



proudly supported by

themohairstore

