



CLUB ACTIVE®  
Change the way you age

# OSTEOARTHRITIS & EXERCISE

## WHAT IS OSTEOARTHRITIS?

Osteoarthritis is the most common type of arthritis. It is a condition that affects the whole joint including the muscles, bones, cartilage, and ligaments. The symptoms of Osteoarthritis can vary from person to person and can include persistent pain and problems moving the joint.

## HOW DOES EXERCISE HELP?

Pain can make people avoid activity and this can lead to muscle weakness, feelings of joint instability, more pain, and other health problems, particularly in people with lower-limb Osteoarthritis. Staying active and keeping muscles strong can help with pain and stop the cycle of decline. Therefore, **exercise is one of the most important treatments** for Osteoarthritis.

## HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

All Osteoarthritis clinical guidelines recommend **EXERCISE** to maintain joint movement and health.

**1 IN 11**  
AUSSIES AFFECTED

**2.2 MILLION**  
AUSSIES!

## A TAILORED EXERCISE PRESCRIPTION CAN HELP TO:

**REDUCE PAIN & DISCOMFORT**



**IMPROVE MUSCLE STRENGTH TO STABILISE JOINTS**



**IMPROVE ABILITY TO COMPLETE DAILY TASKS**



**IMPROVE JOINT MOVEMENT, FLEXIBILITY & BALANCE**



**IMPROVE WELLBEING, SLEEP & MOOD**



FIFTY  
50 