

# Legacy YMCA Aquatic Center

Legacy YMCA - Bessemer

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[Edition 1, Volume 1]

## Benefits of Exercise for Osteoarthritis

*Physical activity is the best non-drug treatment for improving pain and function in OA according to the Arthritis Foundation.*

While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they

the ability to move and function:

**Range of motion or flexibility exercises.** Range of motion refers to the

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have osteoarthritis. In fact, exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.

### What Exercises Work Best for Osteoarthritis?

Each of the following types of exercises plays a role in maintaining and improving

ability to move your joints through the full motion they were designed to achieve. These exercises include gentle stretching and movements that take joints through their full span. Doing these exercises regularly can help maintain and improve the flexibility in the joints.

## New Class

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Starting Monday August 24, at 6:45 pm the Legacy Aquatic Center will be offering a new water exercise class. The Deep Water Arthritis class is for individuals looking for a low impact exercise environment to reduce the pain and stiffness of arthritis while gaining flexibility and strength. Participants in this class need to be comfortable exercising in water that is over their head.



### **Aerobic/endurance exercise.**

These exercises strengthen the heart and make the lungs more efficient. This conditioning also reduces fatigue and builds stamina. Aerobic exercise also helps control weight by increasing the amount of calories the body uses. Aerobic exercises include walking, jogging, bicycling, swimming or using the elliptical machine.

### **Strengthening exercises.**

These exercises help maintain and improve muscle strength. Strong muscles can support and protect joints that are affected by arthritis.

### **Best Types of Exercise**

**Walking.** It is (usually) free, it is easy on the joints and it comes with a host of benefits. One major plus is that it improves circulation – and wards off heart disease, lowers blood pressure and, as an aerobic exercise, strengthens the heart. It also lowers the risk of fractures (by stopping or slowing down the loss of bone mass) and tones muscles that support joints.

### **Aquatic (water) exercises.**

These are particularly helpful for people just beginning to exercise as well as those who are overweight. Aquatic exercises do not involve

swimming, rather they are performed while standing in about shoulder-height water. The water helps relieve the pressure of your body's weight on the affected joints (hips and knees in particular), while providing resistance for your muscles to get stronger. Regular aquatic exercise can help relieve pain and improve daily function in people with hip and knee OA.

Original article found at Arthritis.org.

<http://www.arthritis.org/living-with-arthritis/exercise/benefits/exercise-knee-osteoarthritis.php>

## **Legacy YMCA Aqua Aerobics Class Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>9 AM Aquacise with Ollie</b>	<b>9 AM Aquacise with Ollie</b>	<b>9 AM Aquacise with Ollie</b>	<b>9 AM Aquacise with Ollie</b>	<b>9 AM Aquacise with Ollie</b>	<b>9 AM Aquacise with Judy, Christin, Bethany or Julia</b>
<b>10 AM Arthritis Class with Linda</b>	<b>10 AM Arthritis Class with Linda</b>	<b>10 AM Arthritis Class with Linda</b>	<b>10 AM Arthritis Class with Linda</b>	<b>10 AM Arthritis Class with Linda</b>	
<b>11 AM Aquacise/Core Dynamics with Sarah</b>		<b>11 AM Aquacise/Core Dynamics with Sarah</b>			
	<b>6 PM Aquacise/Core Dynamics with Sarah</b>		<b>6 PM Aquacise/Core Dynamics with Sarah</b>		
<b>6:45 PM Deep Water Arthritis Class with Julia</b>		<b>6:45 PM Deep Water Arthritis Class with Julia</b>			

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