



## Don't let pain, stiffness or inexperience HOLD YOU BACK

It can be hard to imagine starting exercising when you are living with pain, stiffness and inflammation because it can almost feel counter intuitive that pushing your sore muscles and joints will actually be good for you, but it is in fact true.

It's so easy to get started:

1. Find out more call 1800 011 041 or visit [www.arthritistas.org.au](http://www.arthritistas.org.au)
2. Complete the Pre-exercise assessment online or have a paper copy sent out
3. Find the class that suits you best
4. Grab your shoes and have some fun

The Smoother Movers Program is led by experienced exercise professionals who complete specialised training, so you can be confident that you're exercising safely, correctly and for maximum benefit.

**Open to all ages**

**All abilities and fitness levels**



Programs currently at Glenorchy, Clarence, Kingston, Old Beach, Lindisfarne, South Hobart & Lenah Valley.

BOOKINGS ESSENTIAL

**For bookings & enquiries: 1800 011 041**

**E: [info@arthritistas.org.au](mailto:info@arthritistas.org.au)**

**[www.arthritistas.org.au](http://www.arthritistas.org.au)**



# Smoother Movers

STRENGTH TRAINING

**Get started today!**

**1800 011 041**

**[www.arthritistas.org.au](http://www.arthritistas.org.au)**



# Smoother Movers

STRENGTH TRAINING



## What is strength training?

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. You can do this with hand weights (dumbbells), leg weights (cuffs), resistance bands or even just your own body weight (eg. doing push ups or squats). People of all different ages, abilities and fitness levels can benefit from strength training.

## Benefits of strength training?

Strength training can increase the strength, endurance and size of muscles. This can help to:

- support joints and reduce the amount of strain/stress
- improve posture
- improve mobility and balance
- improve bone density
- increase your stamina, meaning you can do more without getting as tired
- lose weight (as you gain more muscle your body burns more calories, even at rest)
- improve your sense of wellbeing, body image, confidence and mood.



## Smoother Movers Program

The Smoother Movers Strength Training Program is a light-moderate exercise program made especially for people with arthritis-related symptoms. The Program is suitable for beginners, and is open to people of all abilities and fitness levels.

Smoother Movers is run in group classes, and includes one class each week. Classes are led by trained fitness professionals, so you can be sure that you are exercising safely, correctly and for the most benefit!

All participants are expected to participate in the group activities to the best of their ability – within the bounds of their condition/s and physical capacity.

The program operates according to school terms from mid-January to mid-December each year.

*“There was a time I thought there wasn’t anything I could do about ageing and that painful arthritis was just a part of that. Now I realise how beneficial the Smoother Movers Program is, and I cannot recommend it highly enough”*

Shirley, Smoother Movers Participant

## How to Join

The first step to joining one of our Smoother Movers classes is to call our Infoline on 1800 011 041 (Mon-Fri), email [info@arthritistas.org.au](mailto:info@arthritistas.org.au) with “Smoother Movers Enquiry” in the subject line, or jump online and complete a registration and pre exercise screening form at [www.arthritistas.org.au](http://www.arthritistas.org.au).

We’ll let you know where your nearest class is located, the days and times of the classes, and provide you with a Pre-Exercise Screening Form to fill in, sign and return to us if you can’t complete it online.

## Payment Information

The Smoother Movers Strength Training Program operates on a pre-payment system with blocks of classes purchased in advance. You will also have a one on one assessment with an exercise leader which is a one off charge of \$50.

Payments can be made in person through the Arthritis & Osteoporosis Tasmania Office; over the phone or by direct bank deposit. Your receipt will have the prepaid class dates on it so you will easily know when your next payment is due.

Some private health insurers offer rebates for our Smoother Movers Program. Speak with your health insurer to see if you are able to claim under your policy and what paperwork is required by them.