

## Are there any people who should not do a warm water exercise class?

Yes, whilst it is great – warm water exercise is not recommended for everyone.

Some reasons that this program may not be recommended include:

- Some medical problems.
- Uncontrolled continence issues.
- Sensitivity to chlorine.
- Requiring physical assistance with personal care and /or entering/exiting the pool and exercising safely.
- Needing one-to-one supervision in the pool.

## Do I need to know how to swim?

Whilst you do not need to be able to swim to join the group, you do need to feel confident to let go of the pool edge and walk around in chest deep water. We use both shallow and deep ends of the pool.

**“Exercising with other people who have similar symptoms has complemented the physical result of less painful and looser joints. This camaraderie lifts the spirit as the exercise strengthens the body. I look forward to warm water exercises every week.”**

JOAN C – A ‘SMOOTHER MOVER’



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**ARTHRITIS INFOLINE: 1800 011 041**



Arthritis & Osteoporosis Tasmania is a not-for-profit organisation that provides support and information for all Tasmanians affected by arthritis, osteoporosis and related conditions.

Contact Arthritis & Osteoporosis Tasmania to find out about the range of awareness and education programs, support services and resources available.



**Smoother Movers**  
WARM WATER EXERCISE

## What is warm water exercise?

Warm water exercise involves exercising in a heated pool. It is one of the most comfortable and effective ways that a person with arthritis or a musculoskeletal condition can exercise because the joints and muscles can be exercised while supported in the water. The ideal warm water exercise pool is heated to approximately 34 degrees.

## Benefits of Warm Water Exercise

Warm water exercise is an excellent way for people with arthritis to build strength, ease stiff joints and to relax sore muscles.

Warm water offers the benefits of the warm temperature and the buoyancy/resistance of the water – making warm water the ideal medium for physical movement and exercise. The water provides a source of natural resistance allowing for muscle strengthening without the need for weights.

The buoyancy of the water means that people with arthritis in their feet, ankles, knees or hips are able to exercise without strain on these weight bearing joints.

Warm water also assists in relaxing muscles and dilating blood vessels therefore increasing blood flow to injured and sore areas. Participants with muscle spasms, back pain and fibromyalgia find this aspect of the program especially therapeutic.

Once in the pool, the water offers a very safe and supportive environment for exercise particularly for those with poor balance who may be afraid of falling in a land based exercise program.

Warm water exercise is beneficial for people preparing for, or recovering from, joint replacement surgery.



## Smoother Movers Program

Unlike regular water aerobic exercise classes, our Smoother Movers Program has been developed specifically for people affected by arthritis.

The Smoother Movers Warm Water Program is a **group exercise program**. 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.

Arthritis & Osteoporosis Tasmania has been offering warm water exercise programs for over 30 years with the support of a dedicated team of specially trained volunteer Warm Water Exercise Leaders. Our Leaders also hold current CPR certification.

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

The Smoother Movers program is very popular and you may have to wait until a class space is available on your preferred day/time.

## 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.

Alternatively, visit [www.arthritistas.org.au](http://www.arthritistas.org.au) and submit an Expression of Interest Form.

## Payment Information

Due to its popularity and the limited places available, the Smoother Movers warm water exercise program operates on a pre-payment system with blocks of classes purchased in advance. This enables us to keep the costs to a minimum and ensure full use of the hydrotherapy pool.

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.

**Note:** Our Smoother Movers program operates as an ongoing program. This means that once you are accepted into the program it is assumed you will attend weekly classes as long as you are medically fit to do so. Therefore, if your circumstances change and you no longer wish to continue in the program it is essential that you advise our Office of your withdrawal.

