

Manage Your Arthritis, Don't let it Manage You

Attitude is everything when it comes to arthritis pain. It's easy to feel helpless and depressed from the pain of arthritis, but these feelings often lead to decreased activity, which then leads to more pain.

Arthritis doesn't have to control your life. Making small changes can help you continue to do your favorite activities.

Let our Health and Wellness Center help. We will work with you to develop an arthritis fitness management plan to help get you on the path to arthritis management so you can enjoy your favorite activities like golf, gardening, and playing cards again.

Call 269.948.3139 today!

**FREE to current Health & Wellness Members*

Non-Members: \$30.00 | 6 wk. program

**When the 6 week program is completed in full, the participant can utilize the \$30.00 program fee to start up a membership. In addition, for an additional \$20.00, a family member or friend can participate in the program with you!*

Our Mission

At Pennock Health & Wellness Center, we strive to improve the health of local residents, patients, and corporations by offering a complete line of programs, fitness expertise, and on-going activities. We value friendly, positive relationships and work hard to provide our members with a comfortable and clean workout environment.

To learn more, visit us online at www.pennockhealth.com or scan our QR code below with your smart phone or web enabled mobile device.



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Arthritis Management and Exercise

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What Is Arthritis?

A normal joint is where two bones meet. Muscles and tendons help provide support for the joint. Arthritis is a disease that causes cartilage, the tissue around the joint, to breakdown and deteriorate. Slowly the bone loses shape and alignment and the ends thicken and form boney growths, called spurs. These changes result in pain and loss of movement in the joint.

There are many forms of arthritis such as Osteoarthritis (most common form), Fibromyalgia Syndrom, Rheumatoid Arthritis, Bursitis, Tendonitis, and Carpal Tunnel Syndrome, just to name a few. Anyone that has any of these types of conditions or related conditions can benefit from a regular exercise program.



Signs and Symptoms

Some of the key signs of arthritis include pain, swelling, stiffness, and problems moving one or more joints.

These signs can occur in or around any joint. If symptoms persist for more than 2 weeks, it is time to see your doctor.

Arthritis Treatment

Medicine such as prescription or over the counter medicine can help reduce pain and swelling.

Regular exercise can lessen pain, reduce fatigue, and also help you look and feel better.

Joint protection through good posture, controlling weight, and using the body correctly can help reduce stress on joints.

Energy conservation, switching between periods of rest and activity. This can make tasks easier in day-to-day life.



Use of heat/cold over joints or muscles can give you short-term relief during your daily routine and/or before or after your exercise session.

Eat Well and Stay Active

At Pennock Health and Wellness Center, we strongly advocate that having arthritis doesn't have to slow you down! Instead you should eat well and stay active to increase your mobility and reduce stiffness, improve energy levels, reduce pain, and enhance socialization.

Join our 6 week exercise program specific for persons with any form of arthritis. Your fitness program will be presented in a gradual format through your course of instruction, and you will receive weekly appointments with your own personal fitness coach.

Each exercise program will include the following components:

-  Flexibility (resistance) exercises
-  Cardiovascular (aerobic) aquatic and land based exercises

**Each participant must have a signed physicians consent form to start the program. All information discussed with your personal fitness coach will be held in a confidential manner.*