



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Eating a healthier diet and reducing your amount of daily sugar intake could significantly reduce inflammation. Small diet changes could make a big change to your joint pain.

FITNESS TIP

If you are suffering from arthritis, non-weight bearing exercise such as walking, strength exercise or attending a non-weight bearing session could have a massively positive impact on your quality of life.

Don't miss David's tips every Saturday in your Journal

OVER my years as a trainer I have seen significant improvements with clients who suffer from arthritis. These results have been achieved through a controlled weight loss and exercise programme – and the latest studies back this up.

In the UK more than 10 million people have arthritis or similar conditions, with knees, hips and hands the most affected areas.

People who suffer with arthritis are now being urged to lose weight and exercise rather than being prescribed medication.

New NHS guidelines say people should be told their pain could be significantly reduced if they take pressure off their joints by losing weight.

Eating a healthier diet or reducing the amount you eat and adding non-bearing exercises such as walking and some forms of strength exercises may well ease symptoms and improve your quality of life.

In the guidelines doctors are told to diagnose osteoarthritis, the most common form of arthritis, themselves without further investigation

in people aged 45 or over who have activity related joint discomfort.

Patients should have no morning joint stiffness that lasts longer than 30 minutes to be diagnosed this way.

It says people can be offered tailored exercise programmes and any amount of weight loss is beneficial towards short- and long-term pain and quality of life.

Our specific small group six-week body transformation sessions have made a huge positive difference to many clients suffering from arthritis.

The combination of our Sugar-CleanLean way of eating and exercises geared towards any specific conditions works and changes people's lives for the better.

Also our Unique VersaClimber

*Something later
becomes never
do it now*

**Motivational quote
of the day**



> Step up your walking as it has great all-round health benefits

classes are brilliant for people with any joint issues as they are non-weight bearing and the high calorie burn supercharges your metabolism.

I have many clients with new knees/hips who can work hard at a quick pace without pain, something they never thought they would be able to achieve.

If you are suffering from arthritis, taking tablets may not be the answer, try taking the healthy path – you never know, it could be life changing.