



► One of David Fairlamb's VersaClimber classes at his North Shields gym



David Fairlamb THE FIT FACTOR

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

EXERCISE plays a crucial role in alleviating arthritis symptoms and potentially delaying the need for knee or hip replacements. Individuals suffering from arthritis are being encouraged to focus on weight loss and exercise as the number one approach for managing their condition, instead of relying on medication.

The new guidelines from the National Health Service state that overweight individuals should be informed that shedding excess weight can alleviate their pain. The National Institute for Health and Care Excellence states that aerobic exercises, like walking and strength training, can help alleviate symptoms and enhance a person's overall quality of life.

In the United Kingdom, over 10 million people are affected by arthritis or similar conditions, with knees, hips, and hand joints being the most commonly affected areas.

The guidelines also endorse the use of certain medications, such as non-steroidal anti-inflammatory drugs, rather than prescribing paracetamol, glucosamine, or potent opioids.

The guidance instructs doctors to diagnose osteoarthritis, the most common form of arthritis, without the need for further investigations in individuals aged 45 and above who experience joint pain related to activity. Additionally, patients should not experience morning joint-related stiffness or if they do, it should last no longer than 30 minutes to be diagnosed this way.

Research suggests offering tailored exercise programmes and explaining to individuals that engaging in regular and consistent exercise, even if it initially causes discomfort, can be beneficial for their joints. Long term exercise is proven to show even greater benefits.

I am in total agreement with this study as we have had massive success with alleviating arthritis through our weight loss programmes and also our unique VersaClimber classes.

These classes offer a low-impact, full-body workout that can be especially beneficial for arthritis sufferers. Its smooth, vertical climbing motion minimizes joint stress, reducing the risk of exacerbating arthritis symptoms. These movements help maintain joint flexibility and muscle strength without causing excessive wear and tear, they



► Exercise can help to alleviate the symptoms of arthritis



also improve cardiovascular health, promoting better blood circulation to inflamed joints, reducing pain and swelling.

The VersaClimber also trebles the calorie burn of other aerobic machines therefore is also superb for weight loss which for any arthritis sufferer is beneficial to help manage the condition.

Regular physical activity clearly strengthens the muscles around affected joints, providing better support and stability, therefore reducing pain and enhancing mobility. Weight bearing exercises can help maintain healthy bone density, which is vital for joint health.

Also stretching and range of motion exercises maintain joint flexibility and reduce stiffness, these combined benefits can significantly prolong the need for knee or hip replacements, allowing individuals to maintain an active and fulfilling lifestyle while managing arthritis effectively.

We first make our habits, then our habits make us

Motivational quote of the day

LIFESTYLE CHANGE

If you are suffering from arthritis, exercise plays a crucial role in alleviating arthritis symptoms and potentially delaying the need for knee or hip replacements. Engaging in regular and consistent exercise, even if it initially causes discomfort is worth exploring.

FITNESS TIP

With arthritis exercise should be twofold, one to lose weight therefore putting less pressure through your joints, and two to exercise to strengthen the muscles around affected joints, providing better support and stability, therefore reducing pain and enhancing mobility.