



# MOVE WELL

## MOVE WELL TO LIVE WELL!

Regular movement is vital for a good quality of life, and Madison Healthstyle can help you get moving and stay moving.

Movement doesn't have to be structured exercise, or going to the gym. A simple action like walking around the block, or a jog on the beach can be a great way to keep active each day.

More people are spending more time in front of a computer, or at a desk than ever before, so it is more important than ever to get moving and stay moving.

Aching joints can stop you from moving at your best.

From achy knees after a long walk, to finger joint pain following a day at the office, pain can hold us back from living life to the fullest. Want to know more? Then turn this flyer over!

*Arthritis affects 1 in 10 Australians, but there are steps you can take now to help!*

## Seven Steps to stay moving

1. Keep active: joint pain can respond well to regular exercise that is within our body's limits. You can try yoga or a light walk to start.
2. Move your joints: spend some time each day moving & stretching.
3. Manage weight: carrying excess weight puts more pressure on our joints and can increase the pain.
4. Quit smoking: smoking places our bodies under additional stress & smokers heal more slowly.
5. Hot and cold therapy: some people find relief with using heat and cold packs.
6. Stay positive: our attitudes and beliefs about health and pain can impact our physical wellbeing.
7. Visit a health professional: If you are experiencing joint pain or movement issues then talk to us about what care is right for you.



### Are you ready to move better?

Then have a chat with one of our wellness directors here at Madison Healthstyle.

### Know your options & get help.

By getting you in contact with the most suitable treatment and advice, we can help you reduce aches and pains, and make the most out of your joints for years to come.

**Call us today or book online**

**Coolangatta - P: 0755994155**  
**Parkwood - P: 0755744111**  
**Robina - P: 0756891477**



Information provided by Madison Healthstyle  
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