

Our Annual Turkey Burner is October 9th 2014



Please join us at 8:30am for a fun filled hour of exercise and laughter!

There will be coffee and treats after the class!

September/October 2014

Are you a Volunteer at St. Joseph's Villa??

If you are please let us know! Volunteers who attend the S.I.M GYM will now get a discounted rate.

Please see a staff member for details!

Coffee



We have coffee available at the back for a nominal fee. Come and join us for a chat!

Thank you!

To everyone who filled out our survey! Your input is greatly appreciated!

**The S.I.M GYM will be closed
Monday September 1st, and
Monday October 13th, 2014**

Osteoarthritis

What is Osteoarthritis?

Is a disease of the entire joint involving the cartilage, joint lining, ligaments and underlying bone.

Osteoarthritis : The Benefits of Exercise

There are many benefits to starting an exercise program — whether you have osteoarthritis or not — but for people with arthritis pain, there's added incentive to get moving. Regular exercise can help to: Reduce joint pain , Strengthen muscles , Decrease pressure on joints , Improve overall health .

Osteoarthritis: The Best Types of Exercise

People with osteoarthritis should consider adding the following types of exercise to their workout routine:

Range of motion exercise. Stretching exercises are effective in preventing the osteoarthritis symptom of joint stiffness. You can get this type of conditioning exercise in a yoga or Pilates class.

Aerobic exercise. Jogging, brisk walking, and swimming are all examples of exercises that get your heart rate up and increase blood flow to your muscles. They are very effective in helping to control the symptoms of osteoarthritis.

Resistance training. Weightlifting and resistance-band training are strengthening exercises that help build up the muscles and tendons that support your joints.

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How to reach us

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Strong people
don't put others
down...
They lift them up.

- Michael P. Watson

