

---

## Physical activity and musculoskeletal conditions

One way of living better with a chronic musculoskeletal condition is to participate in regular physical activity. Appropriate physical activity can reduce pain levels and improve fatigue. It also comes with a whole host of other health benefits such as:

- Healthier heart and lungs
- Maintenance of a healthy weight
- Improved emotional health.

Even if you don't have a musculoskeletal condition, physical activity can play a role in preventing the onset of two of the most common conditions, osteoarthritis and osteoporosis.

---

## Tai chi and Arthritis Victoria

Arthritis Victoria conducts leader training courses for a number of different forms of tai chi that aim to improve the health of people with different chronic conditions and of different ages.

- Tai Chi for Arthritis
- Tai Chi for Diabetes
- Tai Chi for Arthritis for Dementia
- Tai Chi for Kidz

---

## Arthritis Victoria services

### Consumer services

- Telephone information service - 03 8531 8000 or 1800 011 041
- Over 70 self help groups across the state
- Public speakers who visit different community groups
- Public seminars
- Physical activities such as My Tai Chi, Nordic pole walking and the Waves Warm Water Wellness program
- Library, website and publications
- Youth and Family Services that include an annual camp and school visits for children with juvenile arthritis

### Education and training

- Professional development courses for fitness and health professionals and general practitioners
- Leader training courses in warm water exercise, chair-based exercise and Tai Chi for Arthritis

---

## Donations

We rely on the generosity of Victorians to continue operating. To donate, please contact us or visit our website.

Donations \$2 and over are tax deductible.



---

## My Tai Chi

**Classes for the promotion of healthy bones and joints and general wellbeing**



---

263-265 Kooyong Road, Elsternwick Vic 3185

PO Box 130, Caulfield South Vic 3162

Phone 03 8531 8000 Fax 03 9530 0228

Toll free 1800 011 041

Email [afv@arthritisvic.org.au](mailto:afv@arthritisvic.org.au)

Web [www.arthritisvic.org.au](http://www.arthritisvic.org.au)

---

## What is tai chi?

Tai chi is a set of flowing movements performed slowly. Originating in China, today tai chi is practised all over the world. Its popularity is due to its benefits for health and wellbeing. Based on the principles of traditional Chinese medicine, it focuses on corrective breathing, posture and meditation.

---

## Are there different types of tai chi?

There are five main styles of tai chi that have developed over the centuries. Chen style is the oldest, followed by Yang, Wu, Wu (Hao) and Sun. My Tai Chi uses the basic elements of all styles.

---

## What is My Tai Chi?

My Tai Chi is a new Arthritis Victoria physical activity. It is a program offered to the community to promote health and wellbeing. Most schools of tai chi adapt the person to the form to enable the individual to learn a particular technique. At Arthritis Victoria we support people with a wide range of musculoskeletal conditions. My Tai Chi provides a flexible way for people to learn beginning tai chi techniques integrating posture, breathing, concentration, focus and movement.

---

## What benefits can I gain?

Everyone can benefit from tai chi. Benefits include:

- Greater mind-body coordination
- Clarity of mind
- Improved balance
- Improved flexibility
- Increased muscle strength
- Improved fitness
- Promotes peace

These benefits promote both physical and mental wellbeing. Tai chi is holistic in its approach to health.

---

## Who should attend this course?

Classes are appropriate for both beginners and those with tai chi experience. People of all ages and fitness levels are welcome.

---

## How the classes work

Classes run for 1 hour in 6 week blocks in each school term throughout the year. You may enrol in a single block of 6 classes or multiple blocks. We aim to have a maximum of 15 students in each class.

---

## Who runs these classes?

Arthritis Victoria health educators with tai chi teacher qualifications run these classes.

---

## Where are classes held?

All classes are held at Arthritis Victoria, 263 Kooyong Road, Elsternwick.

---

## Dates and times

### Term 1, 2009

- Thursday 12 March—16 April
- 6.00—7.00pm

### Term 2, 2009

- Thursday 14 May—18 June
- 10.30—11.30am

### Term 3, 2009

- Thursday 13 August—17 September
- 2.00—3.00pm

### Term 4, 2009

- Tuesday 6 October—17 November  
(no class 3 Nov Melbourne Cup)
- 6.00—7.00pm

---

## Course cost

Each block of 6 classes is \$60, payable before the beginning of the block.

---

## Further information and bookings

Please contact Sandra Barry, Organisational Support Coordinator, on 03 8531 8008 or [sandra.barry@arthritisvic.org.au](mailto:sandra.barry@arthritisvic.org.au).

For specific questions about tai chi, please contact Ben Seow, Tai Chi Coordinator, on 03 8531 8013 or [ben.seow@arthritisvic.org.au](mailto:ben.seow@arthritisvic.org.au).

---

## What is a musculoskeletal condition?

The term “musculoskeletal condition” refers to any condition where muscles, joints or bones are involved. Examples include arthritis, osteoporosis, fibromyalgia and lupus. These conditions are chronic, meaning they are long-term and are often associated with pain and fatigue.

---

## Physical activity and musculoskeletal conditions

One way of living better with a chronic musculoskeletal condition is to participate in regular physical activity. Appropriate physical activity can reduce pain levels and improve fatigue. It also comes with a whole host of other health benefits such as:

- A healthier heart and lungs
- Maintenance of a healthy weight
- Improved emotional health.

Even if you don't have a musculoskeletal condition, physical activity can play a role in preventing the onset of two of the most common conditions, osteoarthritis and osteoporosis.

---

## Arthritis Victoria services

### Consumer services

- Telephone information service  
03 8531 8000 or 1800 011 041
- Over 70 self help groups across the state
- Public speakers who visit different community groups
- Public seminars
- Physical activities such as My Tai Chi, Nordic pole walking and the Waves Warm Water Wellness program
- Library, website and publications
- Youth and Family Services that include an annual camp and school visits for children with juvenile arthritis

### Education and training

- Professional development courses for fitness and health professionals and general practitioners
- Leader training courses in warm water exercise, chair-based exercise and Tai Chi for Arthritis

---

### Donations

We rely on the generosity of Victorians to continue operating. To donate, please contact us or visit our website.

Donations \$2 and over are tax deductible.



---

## Nordic pole walking

### Classes for the prevention and management of musculoskeletal health

---



---

263-265 Kooyong Road, Elsternwick Vic 3185  
PO Box 130, Caulfield South Vic 3162  
Phone 03 8531 8000 Fax 03 9530 0228  
Toll free 1800 011 041  
Email [afv@arthritisvic.org.au](mailto:afv@arthritisvic.org.au)  
Web [www.arthritisvic.org.au](http://www.arthritisvic.org.au)

---

## What is Nordic pole walking?

Walking is known to have many benefits for our physical and mental health, but many of us find it difficult to walk fast enough or for long enough to achieve the full benefits. The good news is that there is a relatively new and exciting alternative form of exercise that may help you improve your fitness without putting extra stress on your joints: Nordic pole walking.

Nordic pole walking originated in Finland and has its origin in Nordic cross-country skiing. It involves the use of poles while walking, and has recently been adopted by people with medical conditions, such as arthritis or problems with balance, that stop them from exercising.

---

## What benefits can I gain?

There has been published research examining the benefits of Nordic pole walking, with results showing:

- an average of 20 per cent more calories are burned during Nordic pole walking compared with walking without poles, due to the use of the upper body
- increased muscle strength and endurance of upper body
- reduction in neck and shoulder pain as well as increased mobility of this area
- less impact through knees when walking with poles, and
- improvements in mood.

Nordic pole walking is considered suitable for people who have mobility problems or painful joints and who want to lose weight or improve their fitness. It should be noted that no formal research has yet been conducted on people with arthritis or other musculoskeletal conditions,

although a number of Arthritis Victoria-affiliated self help group members trialled this activity in 2008. Comments from members include:

*“able to walk further with less pain”*

*“poles provide extra stability”*

*“improves posture enormously”*

*“thank you for introducing our group to this wonderful experience”.*

---

## Who should attend this course?

Anybody with a musculoskeletal condition or wishing to prevent a musculoskeletal condition who can walk at least 100 metres unaided or with the assistance of a walking stick, may attend our classes. Classes are appropriate for both beginners and those with some Nordic pole walking experience. They cater for all age and fitness levels.

If you have queries about your suitability for this activity, please contact Lauren Baker, Consumer Services Coordinator, on 03 8531 8046.

---

## How the classes work

Classes run for 1 hour in 6 week blocks (or 1.5 hours in 4 week blocks) in the warmer months of the year. You may enrol in a single block of six classes or multiple blocks. Beginners and more advanced students can be catered for and there are a maximum of 12 students in each class.

---

## Who runs these classes?

Arthritis Victoria health educators who are also registered physiotherapists or exercise physiologists, trained in Nordic pole walking, run these classes.

---

## Where is the course held?

The first week of each course begins at Arthritis Victoria, 263 Kooyong Road, Elsternwick. Individual sessions may take place at different parks or gardens.

---

## Dates and times

### Autumn 2009

- Tuesday 10—31 March (4 week block)
- 6.15—7.45pm
  
- Monday 16 March—27 April (no class Easter Monday)
- 10.00—11.00am

### Spring 2009

- Thursday 8 October—12 November
- 6.15—7.15pm
  
- Thursday 22 October—26 November
- 10.00—11.00am

---

## Course cost

- \$60 per block
- Payable before the beginning of the block

---

## Further information and bookings

Please contact Sandra Barry, Organisational Support Coordinator on 03 8531 8008 or [sandra.barry@arthritisvic.org.au](mailto:sandra.barry@arthritisvic.org.au).