

Three types
of exercise
are best
for people
with arthritis*



©2006 efi Corp

The National Institutes of Health says*:

**Range-of-motion
exercises...**

help maintain normal joint movement and relieve stiffness. This type of exercise helps maintain or increase flexibility.

**Strengthening
exercises...**

help keep or increase muscle strength. Strong muscles help support and protect joints affected by arthritis.

**Aerobic or endurance
exercises...**

improve cardiovascular fitness, help control weight, and improve overall function. Weight control can be important to people who have arthritis because extra weight puts extra pressure on many joints...

*National Institutes of Health:
www.niams.nih.gov/hi/topics/arthritis/arthexfs.htm#2



Exercise on Total Gym provides all three.

Call today to speak to our trained wellness specialists.

800 541 4900 | mention code: 8690

efisportsmedicine.com

Product Endorsed by
 American
Physical Therapy
Association.

efi
sports medicine

total gym