

**DOCTORS**

**NURSES**

**RHEUMATOLOGISTS**

**DONORS**

**RESEARCHERS**

**FUNDRAISERS**

**RUNNERS**

**CYMRU**

**VERSUS**

**ARTHRITIS**

# EXERCISING IN A DIGITAL WORLD

# WHY EXERCISE AND WHY ONLINE?

- Keeping moving
- Social enjoyment
- Privacy
- Feeling physically & mentally better
- Variety & flexibility
- Support
- Familiar environment

*“Thanks to the small changes I’ve made, I feel like I’m back in control.”*

Nora, person with arthritis, after starting exercise

# GETTING STARTED

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Listen to  
your body.



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# WHERE TO FIND ONLINE EXERCISES

- Eventbrite
- Facebook
- Youtube
- Radio podcasts
- Support group meetings
- Other opportunities

*"I don't need to go to the gym to do them, they're great because they fit into everyday life".*

Nora, person with arthritis.

# STAYING SAFE

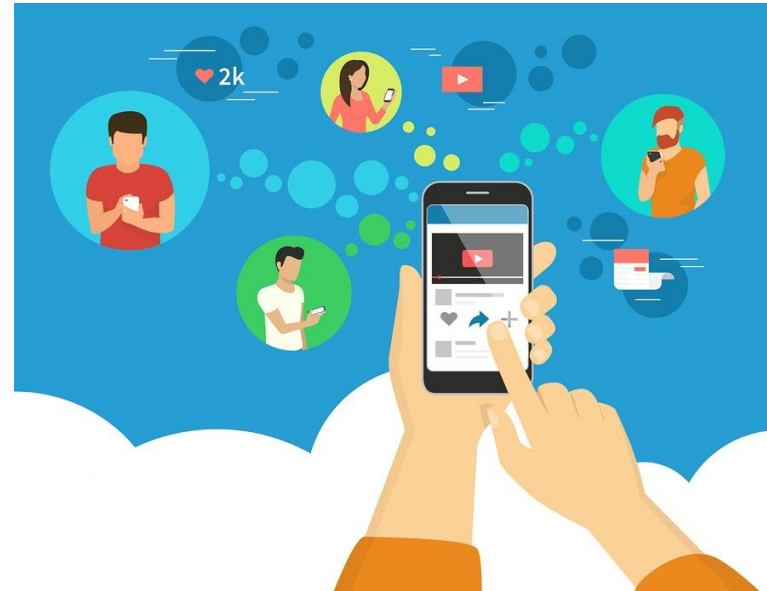


- Comfortable clothing
- Clear a space
- Have a drink of water handy
- Use household gadgets, ie chairs, tins

# WHAT ELSE CAN I DO ONLINE



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# TASTER SESSION



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**WE'RE HERE  
FOR YOU.  
THE TRUTH  
ABOUT  
ARTHRITIS**

Any questions?