



# Take Control of Your Pain

CARD No.1



**Chronic** pain from osteoarthritis can impact your life in so many ways. You may find yourself dealing with not only the physical pain, but the psychological pain associated with not being able to do the things you love with friends and family. Pain is a constant reminder that good health is something you can never take for granted.

Although it's nice to think back on the days when you had the pleasure of being pain-free, you know that wishful thinking will not change the facts or help you get better. Like most things in life, the key is to take action and make the best of your own situation.

Managing pain is not easy. You need to be prepared to "break the cycle" and commit to change your lifestyle habits. So what can I do to get started? The first and most critical step is to make decisions that create change. For example, rather than think: "I should eat better and exercise"... say instead: "**I will eat better and exercise**".

This approach achieves tangible results, and helps to create the positive momentum you need to stay motivated. Another important step is to **keep things simple**. Rather than think about everything you want to achieve, and try to develop a perfect plan, just make 3 simple commitments and stick to them. For instance, if you say: "Good health is a priority for me and my family" ... you will find that you inherently make better decisions when you are food shopping, making lunches, eating out, or choosing family activities.



Take a daily walk to increase joint mobility and manage pain

## LIFESTYLE TIPS

- Movement is crucial to the maintenance of joint mobility.
- Regular low-impact activity like swimming and walking aids in the preservation of joint function.
- Strive to achieve a healthy weight to minimise stress on your weight-bearing joints.
- Focus on maintaining good posture at work, home and in the car.

## SELFCARE

- Sit down and make a plan. What are the really important goals you want to achieve?
- Be reasonable with yourself - make your goals achievable.
- Define what success looks like over 6 months, in terms of your good health and wellness.
- On weekends, go for a walk or bike-ride with the family.

## The Benefits of Good Health



**Nobody** cares more than you do about your good health. And nobody should. If you have osteoarthritis, and genuinely want to improve your condition, you have to take control. Sure there's some hard work involved. But just think of the benefits ... you can:

- (1) Feel better and have less pain
- (2) Improve your balance, mobility and strength
- (3) Lose weight and excess body fat
- (4) Fit into your old clothes again
- (5) Enjoy a more active family lifestyle

Living with osteoarthritis is frustrating. Sometimes it feels like nobody else understands your pain - especially friends and family. People think you can still do everything you used to do. Please know that you're not alone. Join the "Generation Flex" Club and use the information in our Reference Library to help you make healthy lifestyle decisions.

Osteoarthritis is treatable ... Take Action!



Enjoy a more active lifestyle with Genflex ... For Generations

