

New moves give back gift of gardening

Cliff rediscovers life's simple joys, with your help.

By supporting exercise programs, such as Arthritis Moves, you have given back to our community the simple life pleasures that their arthritis had stolen from them.

Cliff lives in Blackheath, a scenic town in the Blue Mountains. His career in horticulture and stonemasonry led to back problems, which led to diagnosed osteoarthritis in his hips, knees and back about 10 years ago.

Sadly, the arthritis worsened when Cliff worked in his garden or went bushwalking, two activities that brought him joy.

But, after completing three terms of our online program Arthritis Moves, Cliff is now back in his one-acre garden and is joining his bushwalking friends again.

More flexible

'I noticed I was more flexible after two terms of Arthritis Moves and could garden again, which is my passion,' Cliff said.

'I can't do the heavy work I used to do, like wheelbarrowing soil. But I can garden enough to get pleasure out of it. **The exercises keep me limbered up which is good for all the changing and re-landscaping I'm always doing.**

Help to keep moving

Cliff soon noticed that the classes made him strong enough to go on regular bushwalks again.

'I was struggling with weekly bushwalks. It

was getting harder and harder to keep the distances and stay comfortable,' he said.

'Arthritis Moves made me fit enough to enjoy the walks again.'

'I also feel better after the class. I like the camaraderie with the others and hearing what they've been doing. The instructors are also very good and understand what we need according to our issues.'

Gifts like yours support the gentle exercise classes that help people like Cliff rediscover his enjoyment of life.

To donate to The Arthritis Movement, call 1300 275 826 or visit: arthritis.org.au.



Cliff and his dog Millie in his garden.