



ROLAND SEMPRIE

To deal successfully with osteoarthritis, you need to consistently strengthen and develop your muscles through a workout regime developed by a certified trainer and eat in a way that is conducive to the improvement of your condition, so that you can enjoy the activities that you want to do.

- Most studies show that 30mins/day of moderate activity will improve your condition by increasing the amount of energy that you have throughout the day, as well as decreasing your pain levels and elevating your mood.
- However, working out with a trainer will optimize your results. For optimal pain relief and weight loss, combine 60 minutes of high-intensity interval training (combining weight and cardio training) at least 3 times a week, with 2 other 20-30 minute high-intensity cardio days.
- For example, weight training employing an exercise like a dumbbell squat or a Smith Machine squat, or using the Power Plate, done properly, will improve the strength of your gluteal, quadricep and hamstring muscles, which support your joints. These exercises can cut your risk of developing osteoarthritis by a significant amount if you are a woman.
- The Power Plate will also improve circulation and lymphatic drainage due to the level of vibrational frequency employed during its use. Both weight training and the Power Plate will help to improve bone density mass in both men and women.

When undertaking a training regime, make sure you always have your physician's stamp of approval and communicate any pre-existing conditions, contraindications or past injuries to your trainer.

- Joint inflammation is a result of free radical damage. Eating foods rich in anti-oxidant properties and combining those foods with anti-oxidant supplements will help protect your cells and bones from free radical damage. Taking Omega 3's, brightly coloured fruits and vegetables will also help to protect your cells from damage.