

# Successful Living with Arthritis

## Taking Control of Your Health!

### Meet Lynne Lehman

Lynne Lehman reached a turning point in the fall of 2012. She made a promise to herself that she would **get mobile and stay mobile**. Her grandchildren were growing up fast and she wanted to keep up with them. Her grandsons loved playing soccer and Lynne was upset she could not climb the stairs at the soccer field to watch them play. She wanted to take control of her health, and that meant dealing with her arthritis.



Lynne, 71, from Barrington, Rhode Island, has had osteoarthritis for nearly 25 years. The painful condition is in her back and her hands. Lynne tried cortisone injections but they did nothing for her pain. So she started looking at alternatives to help **take control of her arthritis**. Lynne turned to exercise. The exercises started simply through some physical therapy, and she has never looked back.

### The Power of One Person

At first Lynne was very skeptical of the difference exercise supposedly could make to her health. She did not feel positive about going to an exercise class, but she went anyway. Why? As Lynne said, **“Don’t be afraid to try something new.”** The teacher in Lynne’s class transformed her life. The teacher was the motivation for Lynne to go back again, and again, and again. Lynne said her teacher was amazing—warm and friendly. She made going to the exercise class fun. Lynne started looking at what she was eating and kept going to the exercise classes. She has lost over 22 lb and does regular exercise every week. Of all the different treatments and options Lynne has tried, **exercise classes have helped her overall health the most.**

Lynne enjoys the physical, mental, and social aspects of going to exercise classes. She attends an exercise class sponsored by the Arthritis Foundation twice a week, along with a strength-training class; the resistance bands are her favorite activity. **Lynne’s body no longer hurts every day, and she enjoys increased flexibility, elevated mood, more energy, and a better overall quality of life.** She has made some friends at one of her classes, and she looks forward to seeing them every week. Lynne also tells her friends at church about the exercise classes she goes to and encourages others to join her.

### You Do What You Can

Before starting her exercise classes Lynne struggled to walk. Now, she is an active and fully engaged grandmother. She knows everyone is at a different fitness level, but thinks they should do what they can. Her positive attitude encourages everyone to start, or keep, exercising. Lynne said, “I am going to exercise classes regularly. And I love it! Change has not happened overnight, but **I have got my arthritis under control.** It’s actually nice to feel good every day, and I believe it is because of my exercise.” Lynne’s outlook on her health and her life is infectious. “I am making things different in my life with exercise. **I feel better all over! And you can too!**”

Exercise classes have helped my overall health the most. Don’t be afraid to try something new! If I can do it, so can you!