

# KEEPING ACTIVE AND SAFE MOVEMENT

in managing and reducing persistent pain

RETHINKING  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT

## MOVEMENT MATTERS

In the past, advice about persistent pain was to rest more and be less active but **modern pain thinking** is that keeping muscles and joints moving can play a large part in reducing pain, as well as providing many other health benefits.

If you live with pain, it's natural to be hesitant when thinking about moving more, especially if exercise has felt painful in the past or if you're worried about doing more damage - but if you gradually become more active, using safe movements, it is unlikely you'll cause any damage or harm.



### WHAT TO EXPECT

A relaxed, fun, friendly and uplifting session.

Understand the benefits of moving more for people who live with pain.

Find out more about the wide variety of opportunities to be more active, in ways that suit you!

Learn about the 'boom and bust cycle', how to pace yourself and overcome barriers to moving more.

Leave feeling refreshed and motivated, ready to try something new.

### WHY COME ALONG?

Together, we will discuss how regular movement can help with reducing joint and muscle pain, weight management, improving sleep quality, boosting energy levels, reducing feelings of depression, stress and anxiety, increasing mobility and stability **and improving your ability to do everyday activities.**

**Please come to the session in comfortable clothes and footwear.  
To book a place contact us on the below details:**

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