

Overcoming joint pain

“Weight loss helped me to move again”

“ My feet are killing me!

How often have we said this when actually - we're killing them! Why? Because we're overweight!

Arthritic joints and weight gain are all too common, but I know now that it is possible to reverse the trend, relieve the pain and get moving again - by losing weight.

I've had arthritis for several decades and my mobility gradually got worse, until first one hip was successfully replaced (1999) and then the other (2015). The subsequent increase in weight was subtle and slow, and walking was no longer easy. Elastic waistbands don't help and I settled for what I thought was healthy eating... and larger sizes in clothes.

I could no longer reach to tie shoe laces, pick things up off the floor or get out of chair without use of my arms. I resorted to walking with a stick... or perhaps rolling along would be more accurate!

As 80 approached and I passed 14 stone, I finally faced the truth when told I was at a high risk of diabetes. So I started an honest diary of what I ate and I wrote down everything, having planned meals first. I reduced the size of the plate and sat down to eat. Walking to the shops half a mile away all helps - and saves petrol! Trainers are my best friends and my feet no longer complain. In TV adverts I get up and move - but not into the kitchen!

I am only weighed once a month on the same scales at the medical centre. I set a target of four pounds in four weeks, and started going for a walk for 25 minutes each day.

The real secret of success was in saying NO to sugar...in anything and on anything. After a few weeks I didn't miss it. Each day I have fruit, and veg, and plenty of protein - mainly eggs, fish and chicken. I eat two slices of wholemeal bread a day, I limit butter, cut out margarine and cook with olive oil.

The best result has been the way I can move. I can get out of a chair without thinking about it, even run up the stairs, and I'm no longer out of breath. My knees are stronger, bending to the floor is no problem.

Starting Pilates a year ago has helped me move safely and effectively, but also understand my body. I have been determined to get the weight off and start to move - and live - again! Arthritis no longer rules my life and my mission is to tell someone once a week (in a nice way!) how weight loss has made me feel younger and my mobility has returned.

I have seen huge success and I want to say that pain relief and increased mobility are possible....and well worth the effort. Take the first positive step to achieving your goals with the help of your GP or Practice Nurse - you won't regret it! ”



Angela
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