

EXERCISE MADE EASY!

Using an inflatable AIRCYCLE exerciser while watching TV helps to keep joints flexible, strengthen muscles and boost circulation

The AIRCYCLE is simple to use, soft on your feet and hands and easily carried in a pocket or purse. It provides gentle exercise without weight-bearing or strenuous activity. Anyone can use it from the comfort of their chair to keep joints moving and help relieve pain.

Although originally designed to help people with **arthritis**, the AIRCYCLE has proved helpful for a variety of circulatory and foot and leg problems. **It is helpful for reducing swollen feet and ankles, for diabetes foot-care, ulcers, cramps and varicose veins; for anyone sitting for long periods such as computer operators, convalescent patients, older people, those affected by a stroke, Parkinson's or M.S., and for long-distance travellers. It aids circulation, helps to keep joints flexible and strengthens leg muscles.** The AIR CYCLE can also be used on the lap or on a desk top to exercise **fingers, wrists and shoulders** – very helpful for arthritic fingers and for those who work long hours on the computer.

The AIRCYCLE is registered with Medsafe and some hospitals, rest-homes, diabetes clinics, podiatrists and physiotherapists use and recommend it.

A hospital podiatrist says: "The AIRCYCLE serves as a reminder for people to exercise while sitting. For people with arthritis, it helps to keep the foot and ankle joints moving and the potential for increased blood flow is great for people with diabetes. The AIRCYCLE exercises are similar to those currently recommended by airlines to help reduce the likelihood of swelling of the feet and legs and D.V.T. which can occur in people who sit for long periods of time."

An Arthritis Educator says: "Many members and clients from the Wellington area have purchased and used an AIRCYCLE since they first came on the market years ago. They are very easy to use and the benefits (with regular use) for some people with arthritis have included improved muscle strength, improved movement, especially in the ankle, improved circulation, improved balance and in turn, improved confidence.

To order an AIRCYCLE: **Phone 04 569 5013 for credit card orders.** (Don't forget to let us know it is a diabetes order so we can donate \$5) Or post the coupon below with your cheque to:

Aircycle, PO Box 45105 Waterloo, Lower Hutt.

The price is \$39.90 plus \$5.00 p&p. Total \$44.90. **\$5 goes to Diabetes Hawkes Bay.**

More information on the website - www.aircycle.co.nz



Diabetes Order - \$5 donation

Please send me _____ Aircycle (s)

My cheque is enclosed for \$ _____

Name _____

Address _____

Phone _____ Email _____