

New Arthritis Breakthrough: Virtual Arthritis Walking Workout DVD

Producers of Functional Fitness with Suzanne Andrews on Public Television announce the release of the first arthritis walk DVD that can be done sitting.

ORMOND BEACH, FLORIDA, USA, August 25, 2015 /EINPresswire.com/ -- Healthwise Exercise announces the release of [Arthritis Relief Walking Workout](#) DVD from [Suzanne Andrews](#), star of the hit Public Television series "[Functional Fitness with Suzanne Andrews®](#)." Unique in its concept, Functional Fitness with Suzanne Andrews® Arthritis Relief Walking Workout takes into account difficulties faced by individuals with arthritis by offering the first walking workout that can be done seated on a chair with the option to progress to the standing version as one's joint pain decreases.



Sit or stand with the Arthritis Relief Walking Workout DVD, filmed at the beautiful Butchart Gardens.

After sustaining life threatening back, neck and shoulder injuries, Andrews took matters into her own hands. Through an integrative health plan of Functional Fitness she regained full function and became a rehab professional herself. Suzanne's first-hand experience with injury and recovery imbues her project of providing specially-tailored relief through exercise with authenticity and passion.

Andrews stated, "I saw the need for an at-home workout that guides middle aged to older adults with arthritis to safely strengthen their muscles and bones to ease joint pain."

Carol Eustice, Arthritis & Joint Conditions Expert, reviewed the workout and noticed, "It was apparent that movements I was directed to do by a physical therapist were the same movements being showcased in Suzanne Andrews Arthritis Walking Workout. I highly recommend it."

Suzanne Andrews is a licensed rehab professional who teaches corrective movements designed to create balance, stability, and/or mobility in areas that are not functioning properly. Andrews' expertise in therapy comes through as she reveals techniques that you'd normally pay \$280.00 an hour for or \$400.00 + a month in co-pays (if you went to a physical therapist).

Arthritis Walking Workout was filmed at the most beautiful gardens in North America - the Butchart Gardens and features a multitude of exquisite roses in the 35 minute Arthritis Walking Workout 1. The setting for the 30 minute Arthritis Walking Workout 2 in the famous "Sunken Garden" is equally stunning. The DVD gives you the option to combine workout 1 and 2 for a four mile walk.

The DVD includes a free Functional Fitness band and is sale priced on Amazon for \$11.99 with release scheduled August 25th, 2015. (Suggested retail price is \$24.99).

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