



Being Active with Arthritis

Did You Know?

You can improve arthritis symptoms by engaging in moderate physical activity and stretching. Try incorporating low-impact physical activities throughout your day to achieve optimal wellness.

Arthritis is a condition where there is inflammation of one or more joints in the body. While it can affect people of all ages, it is most common in people that are older in age. Luckily, staying active and moving with arthritis can improve health and wellbeing. Exercise can ease joint pain while making daily activities easier and more enjoyable.

What Can I Do?

If you have arthritis, try one or more of these physical activity tips to improve mobility and ease symptoms:

Get in the water- Studies show that water-based activities are ideal for people with arthritis. Water based activities are generally good for sore muscles and joints, which can help ease arthritis symptoms. Warm water is preferable, as it keep your muscles warm. Try swimming, water aerobics, or treading water.

Move- Aim to move frequently throughout the day. Especially if you work at a desk, sitting for long periods of time can cause joint stiffness. Try to get up and move at least once every hour to keep the muscles moving.

Perform low-impact exercises- A variety of low-impact exercises can be beneficial way to manage arthritis. Stretching, resistance band activities, walking, and light strength training exercises are ideal.

Warm up- Warming up before you exercise will ensure that your muscles are gradually warmed, preparing them for more high intensity exercise. Similarly, stretching is important to keep the muscles and joints flexible.



Always talk to your doctor before beginning a new exercise program or activity to determine the type of exercise and amount of time that is best for you. Remember to start small and ease your way into any new activity!