



Preventing Arthritis with Physical Activity

Did You Know?

Arthritis affects people of all ages, not just older adults. More than 50 million people in the United States have arthritis.

Being physically active is a great way to work toward preventing or delaying the onset of arthritis and arthritis symptoms. Weight-bearing exercises such as squats, lunges, and walking, help to increase and maintain bone density. It is important to preserve the health of your bones and your joints (such as your knees) in order to prevent arthritis symptoms.

There are various ways to prevent arthritis through physical activity and they include:

Strength training

Lifting weights or doing body weight exercises such as pushups are both beneficial forms of strength training. These types of exercises help to strengthen muscles and to also increase bone density. This can help you stay agile and moving pain free!

Swimming

The pool is a great place to be physically active because it reduces stress on your joints but still provides the benefits of physical activity. If swimming laps is not for you, try walking in the water which provides resistance while lessening the stress on your joints.

Walking

This simple form of physical activity has numerous health benefits, including applying some stress to your bones so they can become stronger and so you can slow the natural loss of bone density that comes with age.

Stretching

Exercises that increase flexibility are beneficial because they help to maintain and increase range of motion. Aim to spend at least ten minutes, two times every week, doing simple stretching exercises.

Each person may find that a different exercise is more helpful for them. Find a form of physical activity that feels good to *your* body. Consider talking with your health care provider in order to find a specific plan to prevent or to help minimize your arthritis symptoms!

