

Take a Walk.
Take a Bike Ride.
Take a Swim.

Get More
Active Today.

Get more out
of life down
the road.

Arthritis hurts. Moderate
physical activity can help.

Like most of the 70 million
Americans who have arthritis,
you've probably tried all kinds
of things to relieve your pain.

Research shows that becoming
more physically active can help.
For many years, everyone
thought that people with
arthritis should rest to spare
their joints. In fact, just the opposite
is true. Recent studies show that
moderate physical activity helps
people with arthritis feel better in
several ways.



Regular moderate physical activity
can help you:

- Feel less pain.
- Move more easily and do more activities.
- Feel more energetic and positive.
- Keep your muscles, bones, and joints healthy.

The sooner you start, the sooner
you'll feel better.

If your joints hurt, you may not feel
like being active. However, lack of
activity can actually make your joints
even more stiff and painful.

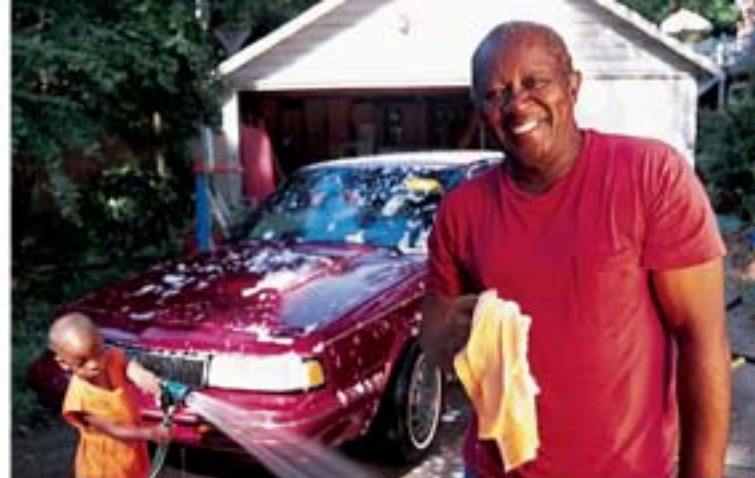
You may hurt a little at first,
especially if you are not used to it. But,
most people who stick with a program
of regular physical activity begin to feel
better within four to six weeks.

What types of physical activity
are best?

For people with arthritis, low-impact activities
at a moderate pace – like walking, swimming,
and riding a bicycle – are best. Everyday activities
such as dancing, gardening, and washing the car are
also good.

Choose an activity that moves large muscle
groups, makes you breathe a little harder and your
heart beat a little faster.

Walking, swimming, and biking are particularly
good because they will strengthen your heart
and help you control your weight if you do
them regularly.



- Walking helps to improve energy and heart health.
- Swimming puts less stress on your joints and also strengthens your whole body.
- Bicycling increases your stamina. With a stationary bike, you can get all the fitness benefits of outdoor riding without the traffic and other outdoor hazards.

Start slowly. Warm up and cool down.

If it's been a while since you've done regular
physical activity, start slowly and gradually work
your way up to 30 minutes a day, 3 or more
days a week.

Start with 10 or 15 minutes at a time. Let your
body be your guide. And don't overdo it. If you
can't carry on a conversation, or if you feel severe
pain during the activity, you're probably pushing
too hard.

Start and end your activity at a slower pace to
give your body a chance to warm up and cool
down. For example, start and end your walk with
5 minutes of walking at a slower speed. Some
activities may be more comfortable if you start
with gentle stretching.



Make it fun with family and friends. Add variety.



Try taking your grandkids to the pool and swimming for 20 minutes. Then, take a 10-minute walk after dinner with a friend. Go for a 15-minute bike ride in the morning and a 15-minute walk in the afternoon with a neighbor. Whatever you do, make your goal at least 30 minutes of moderate physical activity a day, three or more days a week.

In four to six weeks, you could be hurting less, moving more easily, and feeling more energetic.

So get moving, and keep moving.

After a little while, a regular program of moderate physical activity should make it easier for you to do all kinds of other everyday activities such as carrying groceries and getting in and out of the tub and the car.

If you don't let arthritis stop you now, chances are good it won't slow you down later in life.

Physical Activity.
The Arthritis Pain Reliever.
Call 1-800-568-4045
for more information.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES



What to Take for Arthritis Pain?



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