Why Bother? The Benefits of Exercise

Exercise...

• is a powerful and effective pain reliever
• eases inflammation
• increases energy/stamina
• makes weight management easier
• helps with emotional health
• Increases function for ADL’s (Activities of Daily Living)
• other benefits?
What should I do?

**Cardiovascular exercise** to strengthen heart and lung function; develops endurance

*Types:* Aquatic exercise, cycling, swimming, walking

**Muscular Fitness** to strengthen muscles and connective tissue; increases bone density

*Types:* lift light weights, use resistance bands, water resistance, Pilates

**Flexibility/ROM** to decrease stiffness and improve ROM in joints

*Types:* Yoga, Tai Chi, basic stretching for major muscle groups
Time to MOVE!
Arthritis Foundation Resources
To get started...or to keep going

Arthritis Foundation – Your Exercise Solution "Yes" App – Get personalized recommendations to help you say Yes! to exercise

Arthritis.org/Exercise: includes exercises you can do with arthritis


Other resources you've found helpful?

Live Yes! | 2019 Live Yes! Conference of Champions
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019
Key Takeaways

Studies show moderate intensity exercise is beneficial, not detrimental.

Exercise is a powerful and effective pain reliever.

Exercise is an accomplishment. It raises our self-esteem; our sense of self confidence. We have the power to help ourselves!