



# HEALTHY ACTIVITY & ARTHRITIS

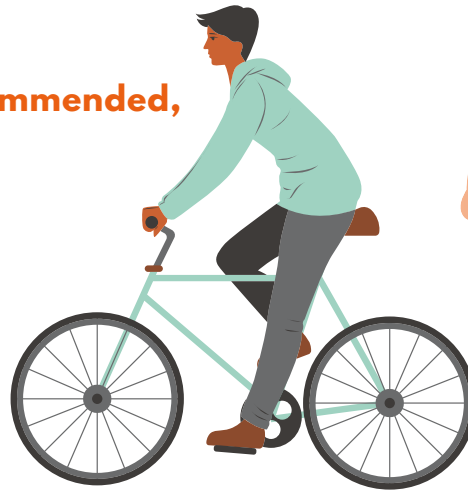
General health and wellbeing including heart and lung function, energy levels, sleep patterns, anxiety and depression plus maintaining a healthy weight all benefit from regular exercise.

**For arthritis, regular exercise/activity is the most recommended treatment to:**

- Reduce your joint pain
- Improve flexibility and movement
- Improve muscle/bone strength
- Improve cartilage health
- Improve joint stability

**Low impact activities are recommended, including:**

- Walking
- Swimming
- Water based exercise
- Cycling
- Tai Chi
- Yoga



**Make physical activity a regular part of your life at least 3 times a week.**

**Motivation Tips & Tricks**

- Start short
- Move to music
- Make a date
- Phone a friend
- Embrace social media

**For more information, including:**

- Starting out
- Common Concerns & FAQs
- Forms and types of Exercise
- Where to get help

