



HEALTHY ACTIVITY & ARTHRITIS

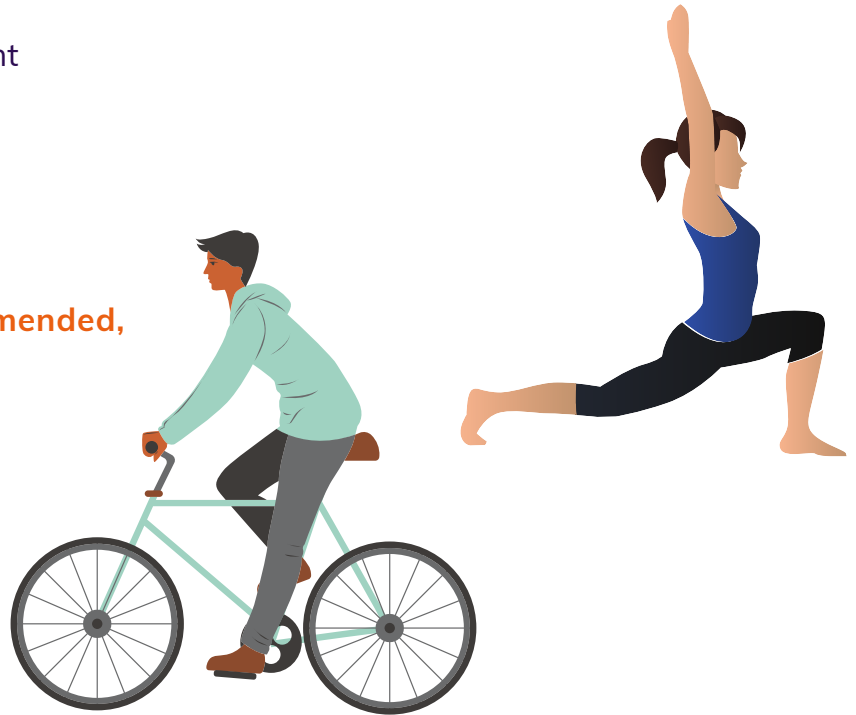
General health and wellbeing including heart and lung function, energy levels, sleep patterns, anxiety and depression plus maintaining a healthy weight all benefit from regular exercise.

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

