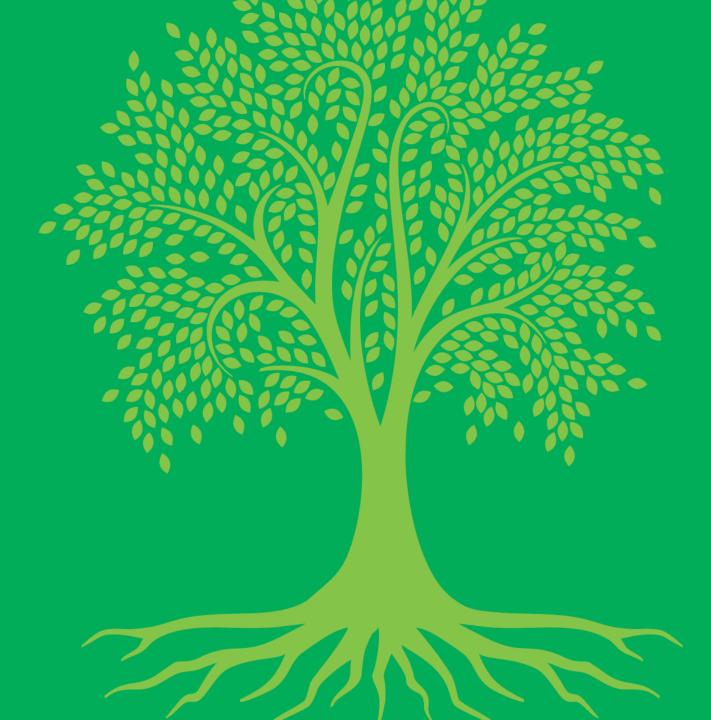


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Adaptive Exercise





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

Arthritis Foundation Group Fitness and Water Aquatics programs – on the Arthritis Resource Finder: <u>http://resourcefinder.arthritis.org</u>

Other resources **you've** found helpful?





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!







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