



Resident Wellness Newsletter

Tips to Stay Fit with Arthritis

When your body hurts, getting up off the sofa and exercising may seem like an insurmountable task. Studies show, however, that staying fit and focused on your health and wellness, is one of the most important tool you have for managing your arthritis.

Pace yourself

It's especially important if you're just starting to work out. Ramping up slowly not only helps to avoid injury and exhaustion, but it also increases your chances of sticking with your routine. If you start doing one type of exercise and find that, after a few weeks, you are dreading doing it - skip the temptation to just do nothing, and instead, find a different activity. Sometimes it's just boredom with the routine itself, rather than disliking the physical movement. What works to keep your friend motivated may not work for you. Keep trying new activities until you find a balance that works for you. At the same time, realize that exercise, like everything else in life, will have it's up times and it's down times. Maybe it's the weather, maybe there's something bothering you. Be prepared to continue some form of physical activity, knowing that, if you stick with it, you will soon find yourself re-motivated again in a few days.

Buddy up

Working out with a friend can help keep you on track with your fitness goals. Studies show that, in addition to the social benefits, exercising with others can provide motivation and help keep you accountable.

Shop for shoes late in the day

Our feet swell as we walk and work out, so it's best to shop for fitness footwear after we've been on the go for a while. Choose shoes with solid ankle

support and shoes should be comfortable immediately and require zero "break-in" time.

Respect your pain

Some discomfort is normal when exercising, but it should be minimal – about a 2 on a scale of 1 to 10. If you experience more discomfort or a sharp feeling, stop. You may need to do decrease your time and intensity and slowly build it up. You can get much of the same benefits from three 10-minute walks as you can from one 30-minute walk.

Make any necessary modifications

Modify moves, and if possible, equipment to meet your specific needs. For example, many exercises can be done while seated as opposed to standing, which can prove helpful on days when you have more pain and/or less energy. Equipment modifications could include using a slightly deflated exercise ball to make it more stable to lie on, or wrapping jump ropes, dumbbells or other handles in foam tape, like tennis grip tape, to make them easier and more comfortable to grip. Your Live 2 B Healthy® Trainer will be able to help you out with suggestions on modifications. Be sure to let him/her know if you have arthritis so they can guide you towards the most beneficial exercises.



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