

HEALTH

Education

Preventing Arthritis Through Exercise

While there is no sure way to prevent arthritis, you can reduce your risk, and delay onset. Let's focus on what we can control: maintaining a healthy weight, abstaining from smoking, eating a balanced diet that is low in sugar, alcohol, and purines.

The Exercise Connection

Exercise is known to be one of the best treatments for individuals with arthritis, which may seem strange due to the fact that arthritis is a disease characterized by movement pain. Exercise can help an individual by strengthening the muscles that surround the affected joints, which provides additional support and relief for the damaged cartilage. Exercise can also help with weight control, further reducing stress on the joints, as well as providing more energy throughout the day and better rest at night. There are three kinds of exercise that are important: range-of-motion/flexibility exercises, endurance or aerobic exercise training, and strengthening exercises.

Range-Of-Motion/Flexibility Exercise

This is the ability to move your joints through a full range of various motions. Having arthritis can make it more difficult to move joints due to pain and stiffness. The most common range-of-motion exercise is dynamic stretching which allows joints to go through their full range of motion that they are currently capable of. Overtime, this can help improve the flexibility and range of motion of your joints.

Aerobic/endurance exercises are not just good for preventing or helping you deal with arthritis, but they also strengthen your heart and your lungs. Aerobic exercises assist with controlling your weight by increasing the amount of calories your body burns, and by strengthening all of the muscles that support your body weight. Losing weight can reduce stress on the joints by easing the pressure on the joints. Current recommendations for the proper amount of Aerobic/endurance exercise goes as the following:

- 150 minutes of moderate-intensity aerobic exercise per week.

Or

- 65 minutes of vigorous-intensity aerobic exercise per week.

Depending on the type of workout that fits best for the individual, you can combine both moderate/vigorous exercises.

Strengthening Exercise

Strengthening exercises help maintain and improve your muscle strength. Strong muscles can support and protect joints that are affected by arthritis.

There are two types of exercise that are recommended for individuals with arthritis. One is walking; the major benefit you receive from walking is that it improves the body circulation. The other exercise is aquatic exercise. The benefit you receive from water exercise is that it helps relieve pressure of body's weight on the joints (target joints are the hips and knees), while at the same time, gives you just enough resistance to help the muscles improve in strength.



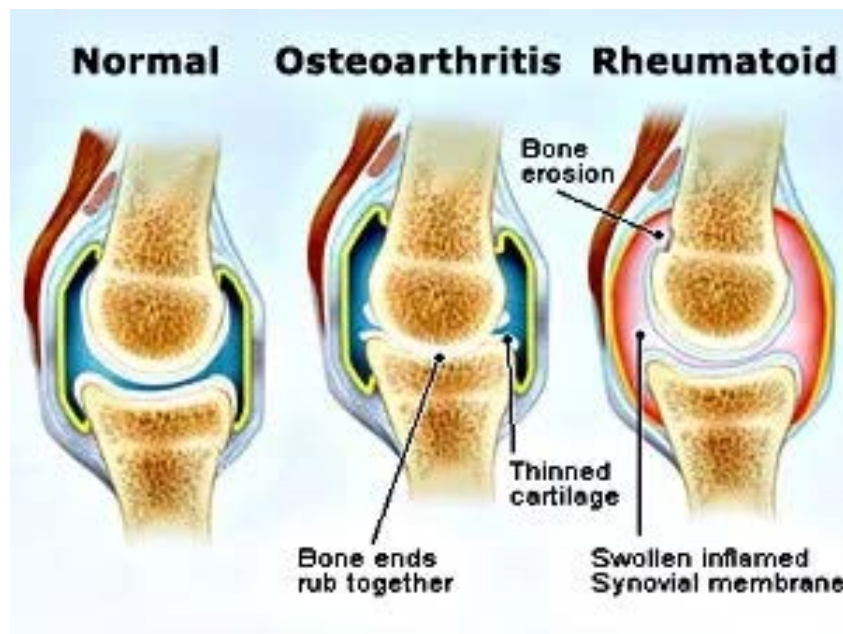
Best Foods For Arthritis

There is no diet cure for arthritis. However, certain foods have shown to help fight against inflammation, help boost your immune system as well as strengthen your bones. These foods are recommended to help prevent against arthritis:

- Fish
- Soy
- Cherries
- Broccoli
- Green Tea
- Oranges, grapefruits, and limes
- brown rice, oatmeal, and whole grains
- Beans
- nuts

Conclusion:

Multiple studies have shown that proper exercise and diet can be beneficial for individuals dealing with arthritis, but keep in mind that everyone's body and circumstances are different. If you are experiencing arthritis symptoms, contact your doctor or physical therapist and they can create a workout/diet plan that is best suitable for you.



References:

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