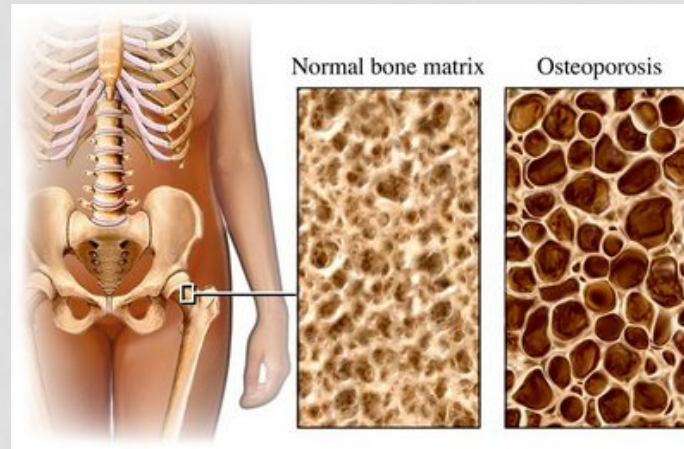


STEPS TO WORKING OUT WITH CHRONIC JOINT PAIN

BONE HEALTH

IT'S NEVER TOO LATE TO START

- A study in 2008 found that sedentary individuals with arthritis who exercised twice a week for an hour experienced significant declines in pain.
- Osteoporosis is a disease in which the bone mineral density is reduced, causing bones to become fragile and more susceptible to fractures. Osteoporosis *CAN* be prevented with exercise.
- Don't let inexperience, age, weight, or joint pain hold you back from exercising. Anyone can begin an appropriate exercise routine by taking the correct steps.



STEPS TO GET STARTED

- Check with your doctor
 - Let your doctor know that you are interested in starting exercise. They may advise against specific activities based on medical history.
 - Ask your doctor for specific suggestions, including duration and intensity of exercise, or a wellness center near you to try.
- Set modest goals
 - Set small attainable goals. Setting one large goal and realizing you're behind half way though can be very discouraging.
 - Start with something you know you can achieve, and build from there.

STEPS TO GET STARTED CONT.

- Find a friend
 - If you find exercise tedious or lonely, you are less likely to stick with it. Ask a friend or significant other to join you. Hiring a personal trainer would help keep you accountable too.
- Reward yourself
 - Research shows that when people are rewarded for good behavior, including exercise, they feel better about it and are more likely to continue.
- Pick the right time
 - The best time to go to the gym, is when you feel like exercising the most. If you wake up with stiff joints or are not a morning person, perhaps the afternoon would be your ideal time to workout.

GET STARTED

- Walking

- Walking is a great form of exercise that requires no training beforehand. All you need is a comfortable pair of shoes, a place to walk, and to elevate your heart rate a bit. Walking is a good way to get the body accustomed to moving around on a regular basis.

- Water workouts

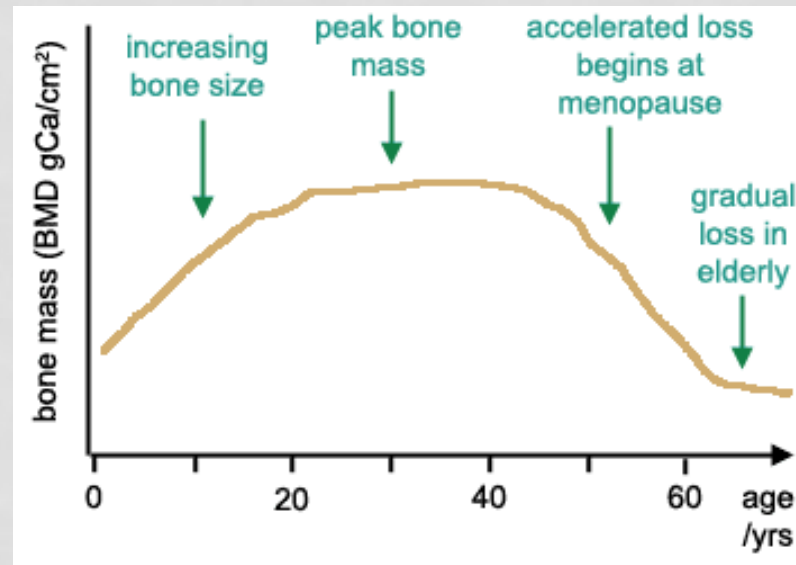
- Exercising in the water is a great way to perform strength training and get some cardio that is low impact on the joints. Water workouts are often preferred for overweight individuals, or those with arthritis.

- Yoga

- Yoga is a great way to improve strength, flexibility, and balance. Improving balance and flexibility is vital, since these are two areas that individuals with sore joints often struggle with. In addition, Yoga is gentle on the back, and often focuses on a healthy back and core.

BONES OVER TIME

- It is estimated that between the ages of 20-35, adults have the highest bone mineral density that they will have in their life span



SOURCES

- Arthritis Foundation
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- Mayo Clinic
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- Harvard Health Publishing
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