

## Exercising with Osteoarthritis

**Exercise is safe for almost everyone. In fact, studies show that people with osteoarthritis benefit from regular exercise and physical activity.**

**For people with osteoarthritis, regular exercise can help:**

- Maintain healthy and strong muscles
- Preserve joint mobility
- Maintain range of motion
- Improve sleep
- Reduce pain
- Keep a positive attitude
- Maintain a healthy body weight

**Three types of exercise are best if you have osteoarthritis:**

**Flexibility** exercises can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities. Examples of flexibility exercises include upper- and lower-body stretching, yoga, and tai chi.

**Strengthening** exercises will help you maintain or add to your muscle strength. Strong muscles support and protect joints. Weight-bearing exercises, such as weight lifting, fall into this category. You can use bottles of water or soup cans if you don't have weights.

**Endurance** exercises make the heart and arteries healthier and may lessen swelling in some joints. Try low-impact options such as swimming and biking.

**Before beginning any exercise program, talk with your health care provider about the best activities for you to try.**



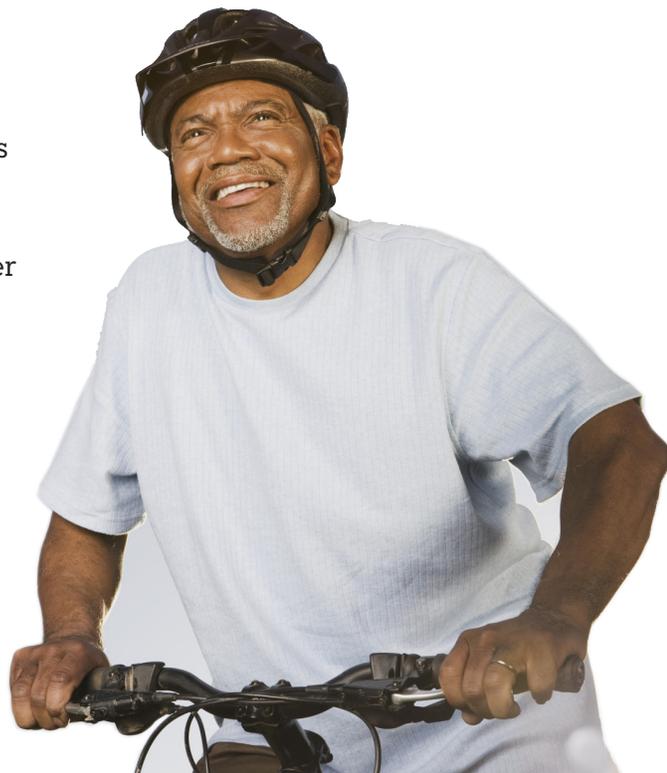
### Quick Tip

You may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.
- Share your exercise story.



National Institute on Aging