



CBRC HEALTH & WELLNESS

BEING ACTIVE SERIES

Being Active with Rheumatoid Arthritis

If you suffer from rheumatoid arthritis (RA), an autoimmune disease that causes inflammation of the joints, being active is an important way to improve your RA symptoms. Increasing physical activity decreases tiredness, joint pain, stiffness and inflammation. If you avoid physical activity, you'll just get weaker and stiffer, making your arthritis worse. Regular exercise is not harmful to your joints and lowers your risk of other health problems, such as heart disease, stroke and type 2 diabetes. Physical activity is recommended and safe, even for those with active RA.



AEROBIC ACTIVITY

Try low-impact options such as walking, cycling, elliptical training, rowing or exercising in a pool.

What?

Any rhythmic, continuous activity.

How Often?

3-5 days a week.

How Hard?

Fairly light to somewhat hard.

How Much?

Begin with a few minutes. Gradually build up to 30 or more minutes over the day.

Aerobic Activity Tips and Cautions: A few short sessions may be easier on your joints than one long session.

Reduce joint stress by doing different types of aerobic activity in the same session or over the week.



STRENGTH TRAINING

Strength training is an important part of an activity program for those with RA. Strength training helps reverse a severe form of muscle loss, called sarcopenia, that occurs with RA. Increasing strength can decrease joint pain and improve your ability to do daily activities.

What?

Hand weights, resistance bands, weight machines or your own body (for example, wall push-ups or sit-tostands).

How Often?

2-3 days a week.
Rest on in between days.

How Hard?

Start with light effort. Build up to medium or hard effort. You should not feel pain.

How Much?

10 to 15 repetitions to start (for each major muscle group). Perform 2-3x. Once you can do 15 reps 3 x increase weight 5%-10%.

Remember: If you need it, get help from our exercise professionals. They can teach you the right way to do exercises and how to breathe properly.

OTHER TYPES OF PHYSICAL ACTIVITY

Flexibility

RA can significantly limit your flexibility, so exercises to keep your joints moving properly are important.

Take More Steps

Simply take more steps! Use a smartphone or activity tracker to measure. Slowly build up to 9,000 steps.

Tai Chi, Yoga & Pilates

All help improve strength, flexibility and balance. They also help you relax and reduce pain

Final Words

- Warm up and cool down at an easy pace for 5 to 10 minutes to ease your joints in and out of more vigorous exercise.
- Plan your activities by how active your RA is. If your RA is well controlled, try weight-bearing activities such as walking or aerobics. For walking (on land or in water), wear shoes that have good support and absorb shock. Start slowly!
- If you have moderate joint pain and swelling, try types of activity that reduce the load on your legs and feet, such as the bike, elliptical trainer, rower or a warm water pool.
- If you have pain during an exercise, lower the resistance, use a different position or grip, do fewer repetitions, or try a different exercise. Resistance bands or machines might cause less stress on your hands and wrists.
- Some parts of an exercise may be more or less comfortable as you move. To start, move in the ranges that are more comfortable. Gradually add more range as your pain lessens and you get stronger.

MOVEMENT HEALTH & MOVEMENT FUNCTION

Our Exercise Professionals believe that exercise is medicine and are eager to assist those with Rheumatoid Arthritis.

To get started today call (509) 943-8416
or email morganfewel@my-cbrc.com.



Programs Available

- ✓ One-on-one personal training and group training
- ✓ Group exercise classes
- ✓ Yoga, Tai Chi and Pilates

visit mycbrc.com for more information.