



ARTHRITIS AND WALKING

Arthritis is common in the population and is a frequent contributor to disability. There are many types of arthritis, such as osteoarthritis, rheumatoid and other inflammatory arthritis conditions, and arthritis associated with connective tissue diseases such as lupus. Many individuals suffer from chronic musculoskeletal pain (low back pain, fibromyalgia, etc.) with and without arthritis.

Physical activity is beneficial in all of these, by:

- Reducing pain and stiffness
- Improving function and mobility
- Improving mood and quality of life
- Helping with management of associated conditions like diabetes, heart disease, and obesity
- Delaying disability related to arthritis
- Reducing the risk of falls
- Improving muscle strength which can reduce joint pain

Physical activity is safe and well-tolerated when adjusted to individual needs and abilities.

CDC Guidelines for all adults:

- Avoid inactivity--any activity is better than none at all
- Work up to a goal of 150 minutes of moderate intensity activity per week, or 75 minutes of vigorous intensity activity
- Include muscle strengthening activities at least 2 days per week

Examples of Moderate and Vigorous Intensity Aerobic Activities

Moderate Intensity	Vigorous Intensity
<ul style="list-style-type: none"> • Brisk Walking. • Bicycling. • Swimming. • Mowing the grass, heavy yard work. • Doubles tennis. • Social dancing. • Conditioning Machines (e.g., stair climbers, elliptical, stationary bike). • Tai Chi, yoga. • Sports (e.g., softball, baseball, volleyball). • Skiing, roller and ice skating. 	<ul style="list-style-type: none"> • Jogging/running. • Singles tennis. • Swimming. • Jumping rope. • Conditioning Machines (e.g., stair climbers, elliptical, stationary bike). • Sports (e.g., soccer, basketball, football, racquetball). • Aerobic dance or spinning classes.

Walking is a great way to begin to include physical activity as part of your daily routine. It is free, readily available, low impact, provides numerous health benefits, and is safe for people with a variety of health conditions, including arthritis.

Reference: <http://www.cdc.gov/arthritis/basics/physical-activity-overview.html>