


# What is your current activity level?

Your current activity level 

Types of exercise 

## Level 1 – Sedentary<sup>i</sup>

Being almost completely inactive throughout the week. Activities include: reading, TV watching, movies, using computers or doing other sedentary activities during leisure or work time.

## Level 2 - Some physical activity<sup>i</sup>

Non-vigorous activity during at least 4 hrs/week. Examples include walking, leisure gardening, fishing, bowling, etc.

## Level 3 - Moderate Physical Activity<sup>i</sup>

Regular physical activity and training 2-3 hrs/week of moderate activity such as heavy gardening, running, swimming, biking, tennis, etc.

## Level 4 – Vigorous Activity<sup>i</sup>

Regular hard physical training for competition sports several times per week. Examples: running, skiing, soccer, etc. several times per week.

**Balance/flexibility exercises** to improve range of motion, balance, and posture  
(3 days a week)<sup>iii</sup>

[Arthritis Foundation's Walk With Ease stretching exercises](#)  
Start with 2-3 days/week

[Arthritis Foundation's Walk With Ease stretching exercises](#)  
OR  
Yoga, pilates, tai chi<sup>ii</sup>  
2-3 days/week

[Creaky Joints 20 Gentle Stretches For Arthritis You Can Do Every Day at Home](#)  
OR  
Yoga, pilates, tai chi<sup>ii</sup>  
3 days/week

Arthritis Foundation's Stretches  
[Lower Body](#)  
[Upper Body](#)  
OR  
Yoga, pilates, tai chi<sup>ii</sup>  
3 days/week

**Strengthening exercises** to strengthen your major muscle groups like legs, back, arms, and core  
(2 days a week)<sup>iii</sup>

[Creaky Joints Weight Lifting Exercises to Help Manage Arthritis Symptoms](#)  
Start with 1-2 days/week

Same as Level 1  
OR  
[Cleveland Clinic Resistance Bands Workout](#)  
Aim for 2 days/week

Same as Level 1 OR  
[Cleveland Clinic Resistance Bands Workout](#)  
2 days/week using hand weights or greater resistance

Same as Level 1 OR  
[Cleveland Clinic Resistance Bands Workout](#)  
2 days/week using hand weights or greater resistance

**Aerobic exercise** to get your heart pumping and body sweating  
(3-5 days a week)<sup>iii</sup>

Select joint-friendly, low-impact activities like [walking](#) or [water aerobics](#).<sup>ii</sup>  
10-15 mins/day;  
3-5 days/week

Same as Level 1, but aim for 20-30 mins/day; 3-5 days/week.  
OR  
Try an [arthritis-appropriate physical activity program](#);  
3 days/week

Same as Level 2, but aim for 30 mins/day; 5 days/week.  
OR  
Try an [arthritis-appropriate physical activity program](#);  
3 days/week + other activity

Select joint-friendly, low-impact activities like swimming and biking (less than 10 miles/hour).<sup>ii</sup>  
30 minutes/day; 5-6 days/week

<sup>i</sup> <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.12611>

<sup>ii</sup> <https://www.cdc.gov/arthritis/basics/physical-activity-overview.html>

<sup>iii</sup> [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)