



What is your current activity level?

Your current activity level 

Types of exercise 

Level 1 – Sedentaryⁱ

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

Level 2 - Some physical activityⁱ

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

Level 3 - Moderate Physical Activityⁱ

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

Level 4 – Vigorous Activityⁱ

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)

[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 chiⁱⁱ
2-3 days/week

[Creaky Joints 20 Gentle Stretches For Arthritis You Can Do Every Day at Home](#)

OR

Yoga, pilates, tai chiⁱⁱ
3 days/week

Arthritis Foundation's Stretches
[Lower Body](#)
[Upper Body](#)

OR

Yoga, pilates, tai chiⁱⁱ
3 days/week

Strengthening exercises to strengthen your major muscle groups like legs, back, arms, and core
(2 days a week)

[Creaky Joints Weight Lifting Exercised 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)

Select joint-friendly, low-impact activities like [walking](#) or [water aerobics](#).ⁱⁱ

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 cycling (less than 10 miles/hour).ⁱⁱ

30 minutes/day; 5-6 days/week

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

ⁱⁱ <https://www.cdc.gov/arthritis/prevention/index.html>