Arthritis & Exercise

43 million Americans have Arthritis. Arthritis causes limitations in ability to perform many activities, especially in elder generations. The good news is exercise can help to decrease pain, improve function, and delay disability. Participating in a program like Live 2 B Healthy® can help manage or decrease your risk of arthritis. Live 2 B Healthy® represents the definition of active aging, challenging the stereotypes associated with elder capabilities, and are enhancing the lives of seniors, families, and communities.

A person has an increased risk of Arthritis when the following factors are present.

❖ Age: Your risk increases with age.
❖ Gender: Women are more likely to develop arthritis than men.
❖ Genetics
❖ Joint Damage: Joints that have been damaged through infection, injury, or repetitive motion can develop arthritis.
❖ Obesity: can increase your risk

If you have Arthritis, CDC recommends the following strategies to help you manage it. Taking the proper steps to manage your arthritis will help to control pain, minimize joint damage, and improve or help you to maintain your quality of life.

❖ Be Active—Getting at least 30 minutes per day of exercise can help to decrease pain, improve function, and delay disability.
❖ Watch Your Weight—Reducing weight may help to reduce pain and slow the progression of the disease.
❖ See Your Doctor—There are many different types of arthritis, your doctor can help you manage the type of arthritis you have.
❖ Protect Your Joints—Joint injury can lead to osteoarthritis. Avoid joint injury to reduce your risk of developing osteoarthritis.

Specific physical activity can target reduce risk of developing arthritis and can also help improve symptoms. The Live 2 B Healthy® programs are proven to improve balance, strength, and mobility. But more than that, our services offer seniors the freedom, independence, and dignity that accompany reclaimed health.

Call your local Live 2 B Healthy® representative for more information and/or to schedule a demo class:

Contact Name: _____

E-Mail: _____

Phone#: _____

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