



## Exercising with arthritis

To maintain joint health and decrease pain exercise is important. Activities that reduce impact on your joints are best.

Doing 30 minutes of exercise, 2 to 3 times a week, helps to:

- strengthen your joints
- maintain or lose weight

If exercise is new to you, please discuss with your physiotherapist or doctor. We want you to enjoy being active while exercising safely.

### No impact exercises

- biking
- swimming
- aquafit
- hydrotherapy
- running/walking in the deeper end of a pool with floatation device
- yoga

### Low impact exercises

- walking
- dancing
- skiing (cross-country)
- use aerobic equipment like a treadmill, elliptical machine, etc.

Performing at least 30 minutes of no/low impact exercises 2 to 3 times a week will help strengthen your joints, improve mobility, as well as maintain/lose weight.



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

[www.replacemyjoint.ca](http://www.replacemyjoint.ca)