



## Exercise Away Your Joint Pain and Arthritis



It's common to feel powerless and out of options when it comes to arthritis and joint pain. The pain can, at times, be unbearable and affect every aspect of your life. But, believe it or not, one of the keys to pain relief with arthritis may be found in getting up and getting active.

According to the Mayo Clinic, exercise can help relieve pain and stiffness in your joints and muscles. And that's not the only benefit you'll get from regular exercise. It can also help strengthen your bones, give you more energy throughout the day and make it easier to get quality sleep at night. That's important, considering one in five people have doctor-diagnosed arthritis, according to the CDC.

Here's a look at the types of exercises that can make a difference for your arthritis and joint health.

### RANGE OF MOTION AND STRETCHING EXERCISES

According to the Arthritis Foundation, stretching and range of motion exercises are the most important type of exercise you can get if you suffer from arthritis and chronic joint pain, and should be done nearly every day. Range of motion and stretching exercises can be particularly helpful in the morning after you get out of bed, when your joints are probably at their most stiff and painful.

Spend 10 to 15 minutes gently stretching and moving your problem joints. For example, if you have arthritis in your wrists and hands, do simple stretching exercises by slowly opening and closing your hand and stretching out your fingers. Move your wrist gently in multiple directions. You can even try doing these exercises while in the bath or while relaxing in a hot tub to help warm up your joints and muscles.

### TAI CHI AND LOW IMPACT (RESTORATIVE) YOGA

If you're looking for a more organized or group version of stretching and range of motion exercises, try activities like low impact yoga or Tai Chi. Both of these forms of exercise provide great benefits for arthritis and joint pain sufferers. Tai Chi, in particular, can help sufferers of painful knee osteoarthritis. These ancient Chinese arts combine slow rhythmic movements with meditation. Tai Chi helps both your local pain and inflammation while boosting the painkillers (Endorphins) in your brain. Low impact yoga not only helps stretch and strengthen your muscles and tendons, but can also complement a weight-loss program to take some of the pressure off your joints due to the extra weight you may be carrying around. Contact your local health club, YMCA or other gym to inquire about low impact (beginning) yoga or tai chi classes in your area.

### AEROBIC EXERCISE

Aerobic exercise is any type of activity that increases your heart rate over an extended period of time.

Aerobic exercise provides numerous health benefits, like strengthening your cardiovascular system, improving your endurance and helping you control your weight. That can be a plus, considering people who are overweight are twice as likely to have or develop osteoarthritis.

**Biking** is one of the best and most gentle ways to pump joint fluid full of nutrients to your cartilage. First – get on an exercise bike and just spin the pedals without any intensity or resistance (set level at 1). Make sure the seat height is such that at the bottom position your knee is almost but not quite fully extended. Modify if this position is painful for you. The reason for starting with an exercise bike is

you can set the resistance to virtually zero which is difficult on a regular bike and it's easier to monitor how fast your spinning. Once you become stronger you can move onto a regular outdoor bike. Even if you can only do a few minutes- work your way up slowly, once your pain level decreases, slowly start increasing the intensity or resistance.

**Walking** daily helps reduce inflammation and pain by moving your knees joint. Start slowly and see if you can build up to a 1/2 to 1 hour. Do not walk through pain - this actually makes the pain inflammation cycle worse. No pain - no gain doesn't work for those with knee pain.

**Swimming** is wonderful because you can exercise with less than your full bodyweight. Be careful though because the kicking may flare your knee pain. Modify your kick so you have no knee pain. One can also walk and run in the water as a way of circulating joint fluid.

You may be limited in the types of aerobic activities you can do with your arthritis or chronic joint pain. Be sure to start slow and choose activities that are realistic for your condition.

## STRENGTH TRAINING

You don't need to become a bodybuilder or even hit the weight room at the gym to do strength training exercises. In fact, these types of exercises may seem especially intimidating for someone with chronic joint pain like arthritis. Resistance bands, for example, can help strengthen your muscles without the bulk and hassle of using free weights or weight machines. For example, you can attach one end of a resistance band to a doorknob, grab the other end with your hand and pull on the resistance band to perform arm strengthening exercises.

Be sure to rest the muscles you strength train for at least one day after exercising. Your muscles need time to rest and repair themselves in between strength training sessions. Take an extra day of rest if your joints seem extra painful or swollen.

## EXERCISE TIPS

Exercise is most effective when it's done on a consistent basis. That's why it's important to find types of exercises that you really enjoy. Whether it's taking a walk in the evenings with your companion, strapping on the rollerblades and hitting the local park path or enjoying a game of racquetball with a friend, doing something that's fun for you will make it more likely that you'll get moving on a regular basis.

If you haven't exercised in a while, start slowly. Don't try to do too much too quickly. If you do, you could end up with an arthritis flare-up, find yourself exhausted too quickly or even end up with an injury. Talk to a certified personal trainer for appropriate types of exercise for your condition, age and physical abilities.

For those who suffer from extreme and chronic pain making exercise impossible, the first step is pain management. There are natural products available for pain management. To help ease the common aches and pains associated with exercise, be sure to apply the powerful pain relief of Ageless Pain Relief™ Cream from Isagenix. With its unique combination of natural ingredients, it helps to warm and then cool your aching joints and muscles to help you recover from a long workout. In addition, Ageless Joint Support™ tablets provide triple-action power to protect, rejuvenate and soothe your joints over time. No other pain relief product provides the same one-two punch as the Isagenix Joint and Pain Relief System.

So get out there and get active, and support your joints with the power of Ageless Joint Support™ and Ageless Pain Relief™ Cream. It may be the best thing you ever did for your arthritis or chronic joint pain.

