



MANAGING ARTHRITIS SERIES

Self-Care Planner-Part 3 ✨

Be Active



Be Active

- Physical activity is a simple and effective, drug-free way to relieve arthritis pain.
- Being physically active can reduce pain, improve function, mood, and quality of life for adults with arthritis.
- Regular physical activity can contribute to improved sleep and support bone health, brain health, and weight control.
- Physical activity can also reduce your risk of developing other chronic diseases, such as heart disease and diabetes, and help you manage these conditions if you already have them.
- Stay as active as your health allows.
- Some physical activity is better than none.