



MANAGING ARTHRITIS SERIES

Self-Care Planner-Part 5 ✨

Manage your weight



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- Losing excess weight and staying at a healthy weight is particularly important for people with arthritis.
- For people who are overweight or obese, losing weight reduces stress on joints, particularly weight bearing joints like the hips and knees.
- In fact, losing as little as 10 to 12 pounds can reduce pain and improve physical function for people with arthritis.
- At any age, low-impact, arthritis-friendly physical activity (for example, walking) combined with healthy dietary changes can help you lose weight.