

PHYSICAL ACTIVITY

RHEUMATOID ARTHRITIS EDITION

People with RA have increased risk of cardiovascular events. However, **increased** amounts of physical activity decreases this risk!

50%

HIGHER INCIDENCE OF CARDIOVASCULAR DISEASE RELATED MORTALITY¹



Just Move!

There is no magic exercise that is best for you! Select something that you enjoy and it will be beneficial. However starting at lower intensities can be helpful when returning to being active².

Benefits³

Decreased disease activity

Increased physical function

Improved quality of life

Decreased fatigue

The CDC recommends 150 mins of moderate-intensity physical activity a week⁴. That can sound like a lot! Here are some ways to reach this⁵:



10 mins of walking , 3x a day, 5x a week

Completing chores around the house or gardening



Jogging or running

Moderate or high intensity is safe for individuals with RA⁵.

References:

1. England, B. R., Thiele, G. M., Anderson, D. R., & Mikuls, T. R. (2018). Increased cardiovascular risk in rheumatoid arthritis: mechanisms and implications. *BMJ (Clinical research ed.)*, 361,k1036. <https://doi.org/10.1136/bmj.k1036>
2. Richardson, R. (2020). Exercise and Arthritis. *American College of Rheumatology*. Retrieved April 3, 2023, from <https://www.rheumatology.org/i-am-a/patient-caregiver/diseases-conditions>
3. Lange, E., Kucharski, D., Svedlund, S., Svensson, K., Bertholds, G., Gjerdtsson, I., & Mannerkorpi, K. (2019). Effects of Aerobic and Resistance Exercise in Older Adults With Rheumatoid Arthritis: A Randomized Controlled Trial. *Arthritis care & research*, 71(1), 61–70. <https://doi.org/10.1002/acr.23589>
4. <https://doi.org/10.1016/j.berh.2019.03.013>Centers for Disease Control and Prevention. (2022, June 2). How much physical activity do adults need? *Centers for Disease Control and Prevention*. Retrieved April 2, 2023, from <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
5. Metsios, G. S., & Itas, G. D. (2018). Physical activity, exercise and rheumatoid arthritis: Effectiveness, mechanisms and implementation. *Best practice & research. Clinical rheumatology*, 32(5), 669–682.