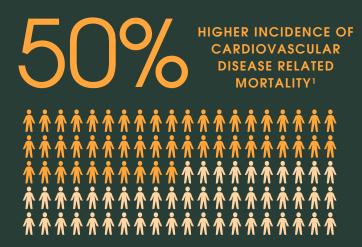
# PHYSICAL ACTIVITY

# RHEUMATOID **ARTHRITIS EDITION**

People with RA have increased risk of cardiovascular events. However, increased amounts of physical activity decreases this risk1!



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 active<sup>2</sup>.

## Benefits

**Decreased disease activity** Increased physical function Improved quality of life **Decreased fatigue** 

The CDC recommends 150 mins of moderateintensity physical activity a week<sup>4</sup>. That can sound like a lot! Here are some ways to reach this<sup>5</sup>:



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 RA<sup>5</sup>.

- 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
- Richardson, R. (2020). Exercise and Arthritis. American College of Rheumatology. Retrieved April 3,
- Lange, E., Kucharski, D., Svedlund, S., Svensson, K., Bertholds, G., Gjertsson, 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 https://doi.org/10.1016/j.berh.2019.03.013Centers 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
  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.