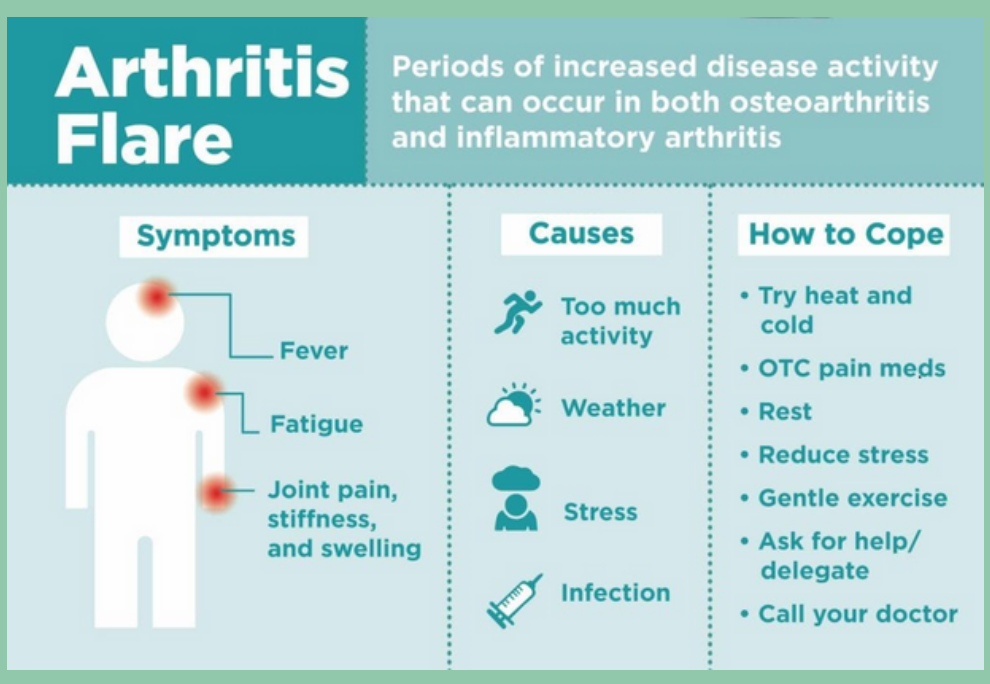
WORKING FOR A HEALTHIER TN

Arthritis Awareness Month

According to the CDC, by the year 2040, an estimated 78.4 million adults will have arthritis. That's compared to the 54.4 million adults in 2013–2015. Two-thirds of those will be women.

Arthritis is the swelling and tenderness of one or more of your joints.
The main symptoms are joint pain and stiffness. These typically worsen with age.



Physical activity can help. Exercise safely with these **S.M.A.R.T. tips**:

- **S**tart low, go slow. If you're not active, start with a small amount of exercise. Try 3-5 minutes, 2 times a day. Pay attention to how your body feels.
- **M**odify activity based on your symptoms. Try to stay active.
- **A**ctivities should be low impact.
- **R**ecognize safe ways to be active. Safety is important for starting and maintaining activity.
- **T**alk to a health professional or certified exercise specialist. Professionals can answer your questions about how much and what types of activity match your abilities and health goals.

What types of activities should I do?

If you have arthritis, do activities that are easy on your joints.
These include walking, biking and swimming.
Stay as active as your health allows. Change your activity based on how you feel.
Some activity is better than none.

- **Muscle-strengthening exercises** should be performed twice a week. These include lifting weights, using resistance bands or bodyweight exercises.
- **Flexibility exercises** like stretching and yoga are also important. Doing daily flexibility exercises help maintain range of motion. This will help keep you doing everyday household tasks, your hobbies and visiting with friends and family.
- **Balance exercises** like standing on one foot and tai chi are important for those at risk of falling or who have trouble walking. Do balance exercises 3 days per week if you are at risk of falling.

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