

Healthy Choices and Arthritis



Maintain a healthy weight

Why?

- Lowers the risk of osteoarthritis
- Reduces the stress on joints

How?

- Eat a balanced diet, stay active



Exercise

Why?

- Strong muscles around joints help prevent joint injury

How?

- Walk, play, be active every day



Prevent injury during work, leisure and sports activities

Why?

- Lowers the risk of osteoarthritis
- Reduces discomfort or pain

How?

- Warm up your muscles before you start to exercise and cool down after
- Avoid repetitive movements
- Change position often
- Keep good posture
- Adjust your workstation to fit your needs
- Wear proper equipment



Do you have arthritis?

Speak to your health care provider if you answer **YES** to any of the following questions:

- Have you experienced pain in your joints for six weeks or more?
- Do you feel stiff or have trouble moving your joints when you get up?
- Do you have swelling in any of your joints?
- Is joint pain interfering with your work or daily activities?

We can help

For more information talk to your health care provider or contact:

The Arthritis Society

1-800-321-1433

www.arthritis.ca



Getting a Grip
on arthritis