

Physical Activity Reduces Risk of Osteoarthritis for Those with Obesity

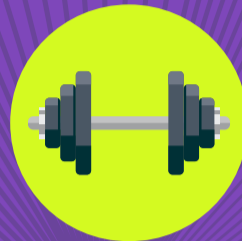
Adults 18-50 with obesity have an increased risk of developing osteoarthritis. Fortunately, regular physical activity – through a combination of aerobic and strength training – can help protect against osteoarthritis by increasing muscle strength and cardiovascular health; improving body composition and joint support; preserving muscle mass; and reducing inflammation, joint stiffness and pain.

Aerobic Activities



Frequency:

2-3x per week; progress by adding more sessions over time



Intensity:

On a scale of difficulty from 1 to 10, progress from a 5 to an 8 over the course of the workout.



Time:

Exercise for at least 10 minutes per session, and aim for a total of 150 minutes per week.



Type:

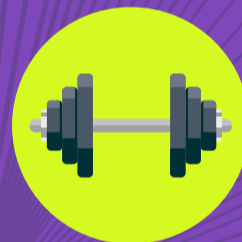
Full or partial weight-bearing exercise, including walking, aquatic activities, and biking

Strength Training Activities



Frequency:

2-3x per week



Intensity:

On a scale of difficulty from 1 to 10, progress from a 5 to a 7 over the course of the workout.



Type:

Multi-joint exercises for your trunk, legs and arms; use exercise bands, machines, or free weights

Remember: Spend 5 minutes warming up and 5 minutes cooling down to prepare your joints for movement and help your body recover after exercise.

Did you know?

- Physical **in**activity can increase disability and worsen joint discomfort and weight gain.
- Any movement is better than no movement. Try to find ways to be more active every day.



Before starting a physical activity program, consult with your care provider about what types of physical activity would be safest for you.