

# The Benefits of Exercise for Arthritis

## 1. Better Balance

Certain exercises can improve coordination and reduce the risk of falls.



## 2. Improved Joint Function:

Movement lubricates joints, promoting better range of motion.



## 3. Increased Strength:

Strengthening exercises build muscle, which helps support and protect joints.



## 4. Weight Management:

Maintaining a healthy weight reduces pressure on weight-bearing joints like knees and hips.



## 5. Pain Reduction:

Regular physical activity can help decrease joint pain and stiffness.



## 6. Better Bone Health

Weight-bearing exercises can help prevent bone loss and Osteoporosis.



# Exercise For Arthritis

**J Elliott**



## **Exercise For Arthritis:**

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