



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Adaptive Exercise



Why Bother? The Benefits of Exercise

Exercise...

- is a powerful and effective pain reliever
- eases inflammation
- increases energy/stamina
- makes weight management easier
- helps with emotional health
- Increases function for ADL's (Activities of Daily Living)
- other benefits?

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What should I do?

Cardiovascular exercise to strengthen heart and lung function;
develops endurance

Types: Aquatic exercise, cycling, swimming, walking

Muscular Fitness to strengthen muscles and connective tissue;
increases bone density

*Types: lift light weights, use resistance bands, water
resistance, Pilates*

Flexibility/ROM to decrease stiffness and improve ROM in joints

*Types: Yoga, Tai Chi, basic stretching for major muscle
groups*

Time to
MOVE!



Arthritis Foundation Resources

To get started...or to keep going

Arthritis Foundation – **Your Exercise Solution "Yes" App** – Get personalized recommendations to help you say Yes! to exercise

Arthritis.org/Exercise: includes exercises you can do with arthritis

Arthritis Foundation Group Fitness and Water Aquatics programs – on the Arthritis Resource Finder: <http://resourcefinder.arthritis.org>

Other resources **you've** found helpful?

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Key Takeaways

Studies show moderate intensity exercise is beneficial, not detrimental

Exercise is a powerful and effective pain reliever

Exercise is an accomplishment. It raises our self-esteem; our sense of self confidence. We have the power to help ourselves!



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