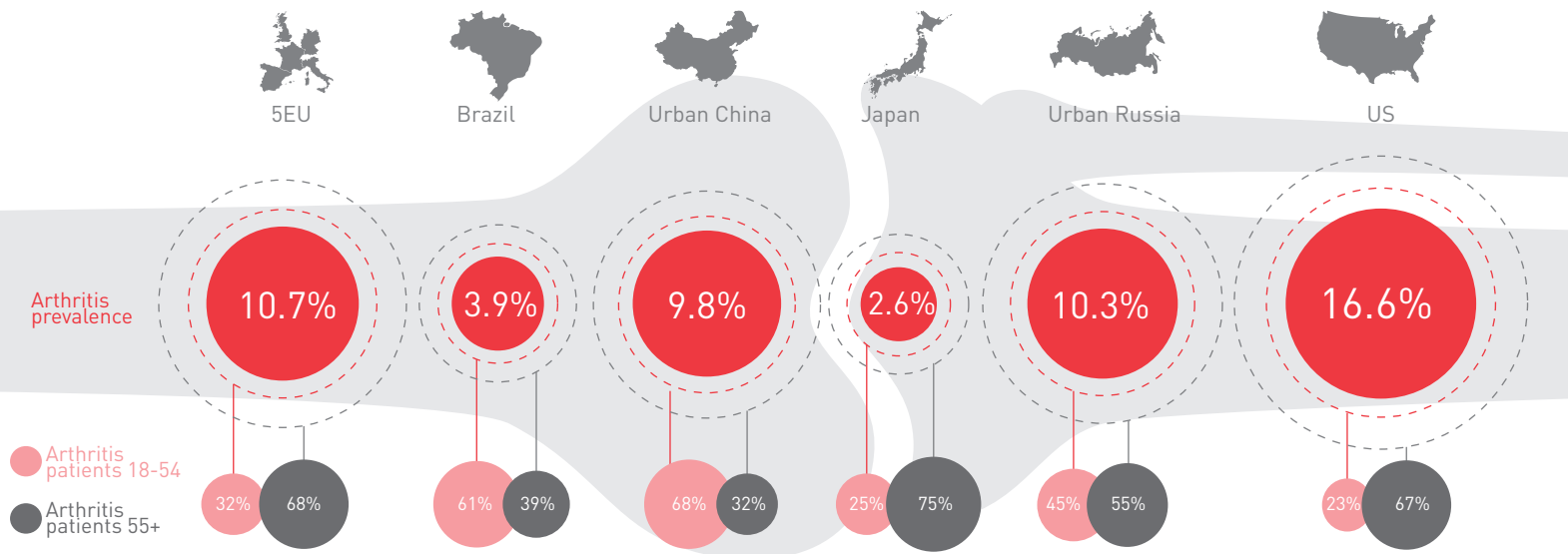


Regular exercise can **delay** or **decrease** the effects of arthritis

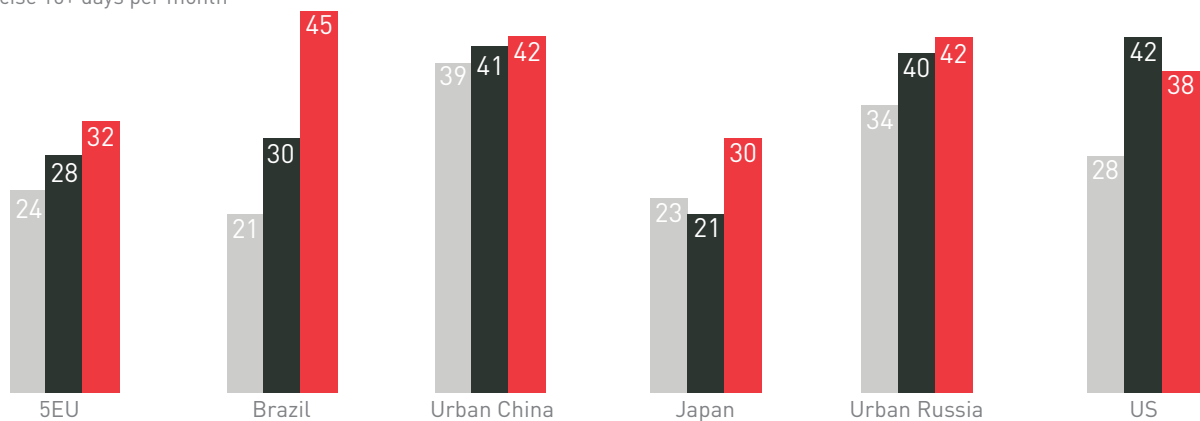
Arthritis is a disease that affects joints, the tissues surrounding joints and other connective tissues. It tends to be more common among older adults.



Arthritis patients are often afraid that exercise will further damage their joints, but strengthening muscles can protect joints and help mobility.¹

However, the more frequently people experience problems with their arthritis the less likely they are to exercise regularly.

% People who exercise 10+ days per month



Frequency of arthritis problems

■ Daily ■ Once/week ■ Once/month or less

Making healthy lifestyle choices such as exercising can help delay or decrease the effects of arthritis. Live better and age well.



¹Factsheet on exercise and rheumatoid arthritis. European League Against Rheumatism. http://www.worldarthritisday.org/resources/documents/WAD_Exercise_Fact_Sheet_RA_2006-copy.pdf. Kantar Health. National Health and Wellness Survey, 2013 (5EU [France, Germany, Italy, Spain, UK], US, Japan, China, Russia). Princeton, NJ.
Kantar Health. National Health and Wellness Survey, 2012 (Brazil). Princeton, NJ.