Being active is important for your Inflammatory Rheumatic Disease

What good things could being more active do for you?

- Fights fatigue
- Combat pain
- Reduces stiffness
- Lower disease activity scores
- Improve self esteem
- Promotes restorative sleep
- Improves quality of life

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

- Type 2 Diabetes: -40%
- Cardiovascular disease: -35%
- Falls: -30%
- Dementia: -30%
- Depression: -30%
- Joint and back pain: -20%

How can being active improve my fatigue?

- Better sleep quality & better self esteem
- Gradual increase in physical activity
- Improve fitness
- Less fatigue and greater energy
- Improves resilience
Follow these Top Tips to keep you active:

1. If new to physical activity start gently and build up gradually over 3-6 months

2. Adequate warm up and cool down of 5-10 minutes helps to minimise pain

3. Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new exercise, particularly if not previously active. Over time, as your body adapts and strengthens, this will reduce.

4. Regular stretching can help maintain a good range of movement in your joints

5. Pace yourself and listen to your body - if after an activity you feel you’ve done too much, make a note to do slightly less next time until you gradually build up. It can take time to feel the benefits of activity.

6. Build up how often you do your activity first, then do each activity for slightly longer, then finally work harder during each activity

7. Doing something you enjoy is more important than the exact exercise you choose.

8. Try to undertake physical activity at the time of day you are most comfortable

9. Don’t stop your physical activity altogether during a flare – think about other things you could do.

Build activity into everyday life:

- Cycling
- Swimming or aqua class
- Yoga/pilates/tai chi
- Dance
- Throwing ball in park with child
- At play
- Walking up stairs
- Housework: doing the hoovering
- Gardening
- At home
- Public transport
- Cycling
- Walking meeting
- At work
- Standing to talk on telephone
- Standing at your desk