

RheumMoves: Exercise for Individuals Living with Rheumatic Diseases

TOP 7 TIPS

In honor of **Rheumatic Disease Awareness Month**, here are exercise tips to help reduce symptoms of your rheumatic condition, such as **rheumatoid arthritis**, **lupus**, and **osteoarthritis**, just to name a few.

TIP #1

Prioritize Low-Impact Activities

Choose joint-friendly options like **swimming**, **cycling**, **walking**, **yoga**, and **Tai Chi** to reduce joint stress or pain.



TIP #2

Warm Up and Cool Down Thoroughly

Warm up with 5–10 minutes of light activity (e.g., slow walking). Cool down with gentle stretching to maintain flexibility.

TIP #3

Break Up Prolonged Sitting or Lying Down

Don't sit too long! Stand, stretch, or walk every 30–60 minutes. Guideline: Limit sitting time to under 8 hours/day and recreational screen time to under 3 hours/day.



Listen to Your Body

Modify exercises or try gentle movements during flare-ups. Tip: Track symptoms in a journal to spot helpful patterns.

TIP #4

TIP #5

Incorporate Strength Training

Combat muscle loss and improve joint stability with resistance training 2–3x/week. Includes: Pilates, light weights, bands, and isometric exercises.



TIP #6

Include Flexibility Training

Daily stretching supports mobility—**never stretch cold!** Warm up first, then gently stretch to improve range of motion.

TIP #7

Consult a Specialist

Work with a physical therapist, occupational therapist, or rheumatologist. Ask about: Aquatic therapy, personalized routines, and adaptive strategies.



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For additional exercise tips, visit
RDAM.org

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