

HEALTH / PHYSICAL ACTIVITY / NUTRITION

Managing Arthritis

*Physical Activity and Dietary considerations
with regards to Arthritis*

GARETH HOGG - BUZZ PARS HEALTH & WELLBEING TEAM

Contact your BUZZ PARS Team:
Telephone: 0161 271 0505
Email: Buzzmanchester@gmail.com
Facebook: BUZZ Manchester Health and Wellbeing

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Managing Arthritis

Information and advice on Arthritis with regards to Physical Activity and Dietary guidelines

- ◆ More than 10 million people in the UK have arthritis, or other similar conditions, that affects the joints.
- ◆ The 2 main types of Arthritis within the UK are Osteoarthritis and Rheumatoid Arthritis.
- ◆ Walking, swimming, or even low impact aerobics can help to improve your pain perception. You can begin with 10-15 minutes of moderately intense activity - 3-5x per week.



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Information and advice on Arthritis with regards to Physical Activity and Dietary guidelines

- ◆ Simple strength exercises are also greatly beneficial.
- ◆ Chair squats, wall presses, towel or band twists & balancing exercises, can all help to increase joint stability, strength and confidence for your everyday activities.
- ◆ Omega 3 foods like Salmon, Chia and Walnuts, may help with arthritic pain.
- ◆ Other foods like Turmeric, Glucosamine, Garlic and Berries all contain very good evidence for overall pain management.
- ◆ Ref: BACPR / GAIT Trial 2008