



Enjoying Activities With Arthritis

Being physically active, although enjoyable, can sometimes be difficult and painful for people with arthritis. However, there are a number of activeways that you can manage your pain.

Active ways to manage arthritis pain:

- **Biking**—Biking can be a great way to stay active while also enjoying the scenery
 - o Make sure you are equipped with essential bike accessories to help protect your joints
- **Dancing**—Studies have shown that people with rheumatoid arthritis who take part in dance-based exercise have found an improvement in mobility and joint pain. In addition, specialty dance classes (such as Zumba) not only help you get into shape and maintain a healthy lifestyle, but may also help you focus on the positive things in life instead of daily joint pain.
 - o Zumba classes can be modified for people with arthritis
- **Video games**—Using fitness video games is an exciting way to stay active in the comfort of your own home. Unlike traditional video games that utilize hand-held controllers, many brands now offer hands-free games that highlight a variety of low-impact sports. One game even includes a balance board for strength training and yoga, which is ideal for people with arthritis.

Stopain® Summary—No matter what activities you choose to enjoy, remember to apply Stopain products daily to help actively manage your pain!