



Just a little exercise helps with arthritis

Regular exercise can help with the joint pain and stiffness of arthritis. But, many older adults with arthritis aren't getting the recommended 150 minutes per week of exercise. Exercise can be painful for those who aren't used to being active. But over time, not exercising can cause even more pain and stiffness, creating a vicious cycle.

A recent study shows that even a little exercise can help. Older adults who exercised for just 45 minutes per week saw benefits over those who didn't exercise at all. Overall, they had better physical ability than the non-exercisers. If you're not sure how to get started, ask your doctor.

Though 150 minutes per week is still ideal, some exercise is better than none. Get moving – even just a little – to start feeling better.