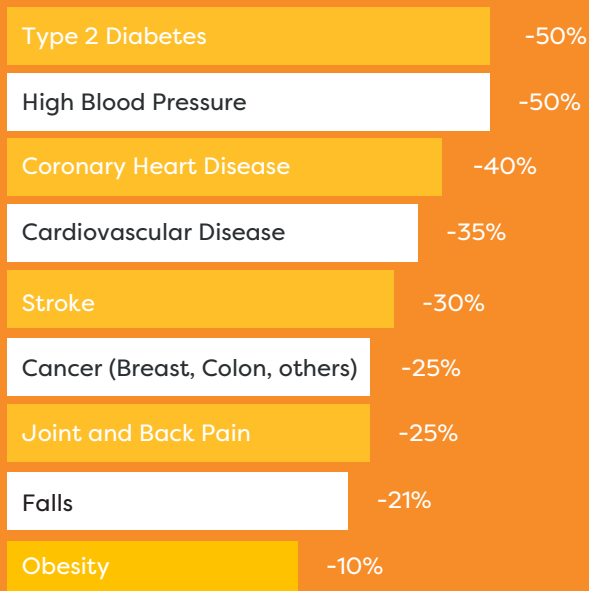


# Being active is important for your Inflammatory Rheumatic Disease

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:



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 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:

