

# 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:

