**Arthritis Answers Podcast #1**  
The Top Ten Reasons to Exercise with Arthritis

**Show Summary**  
In our first episode, we offer ten reasons why people with arthritis should exercise. Many people think that exercise makes arthritis worse and should be avoided. But there is lots of research that shows that exercise has many health benefits for people with arthritis. We're here to give you ten great reasons to get moving.

**Show Outline**  
Welcome

*Arthritis Answers* Podcast Series  
Mission: To bring you evidence-based information related to arthritis and rehabilitation.  
Organization: The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT)  
Located at Boston University’s College of Health and Rehabilitation Sciences: Sargent College.  
Mission: “To enhance the lives of people with arthritis through research, training and community-based activities. ENACT strives to change the paradigm for arthritis research and intervention from a focus on disease and limitation to a focus that emphasizes active living and participation.”

Host: Karen Jacobs, EdD, OTR/L, CPE, FAOTA. Clinical Professor of Occupational Therapy at Boston University  
Producer and co-host: Sara Crandall, candidate for Doctor of Physical Therapy degree at Boston University  
Faculty mentor and co-author: Julie J. Keysor, PT, PhD

There is a lot of research that shows that people with arthritis can exercise without making disease symptoms worse, and that exercise has important benefits! Along with good medical management of arthritis, regular physical activity is important.

**Top Ten Reasons To Exercise with Arthritis**  
1. Regular physical activity can decrease the pain associated with arthritis.  
2. Exercise can help you function better in day-to-day life.  
3. Regular physical activity, in combination with a healthy diet and lifestyle, can help maintain a healthy body weight.  
4. Regular physical activity decreases fatigue in people with arthritis.  
5. Exercise can improve the health of joint surfaces.  
6. Aerobic physical activity can improve mood and decrease the symptoms of depression in people with arthritis.  
7. Exercise can increase the stability of your joints.  
8. Exercise can increase your endurance.  
9. Regular physical activity reduces your risk for other health conditions.  
10. Exercise lets you take control of your health and arthritis.
Exercise is one component of arthritis management. Others include medications, dietary changes, self-management, and regular doctor follow-up.

Preview of next podcast: Tips for how to get started exercising with arthritis.

Send feedback, questions, or topic ideas to enact@bu.edu

Thanks for interacting with ENACT!

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Online Resources
ENACT Exercise Resources
ENACT Mailing List/Newsletter
Centers for Disease Control: Arthritis and physical activity
Centers for Disease Control: Arthritis exercise programs
Centers for Disease Control: Physical activity and health
Arthritis Foundation: Exercise
OA Action Alliance

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References


