Physical Activity Reduces Risk of Osteoarthritis for Those with Obesity

Adulst 18-50 with obesity have an increased risk of developing osteoarthritis. Fortunately, regular physical activity – through a combination of aerobic and strength training – can help protect against osteoarthritis by increasing muscle strength and cardiovascular health; improving body composition and joint support; preserving muscle mass; and reducing inflammation, joint stiffness and pain.

**Aerobic Activities**

**Frequency:** 2-3x per week; progress by adding more sessions over time

**Intensity:** On a scale of difficulty from 1 to 10, progress from a 5 to an 8 over the course of the workout.

**Time:** Exercise for at least 10 minutes per session, and aim for a total of 150 minutes per week.

**Type:** Full or partial weight-bearing exercise, including walking, aquatic activities, and biking.

**Strength Training Activities**

**Frequency:** 2-3x per week; progress by adding more sessions over time

**Intensity:** On a scale of difficulty from 1 to 10, progress from a 5 to an 8 over the course of the workout.

**Type:** Multi-joint exercises for your trunk, legs and arms; use exercise bands, machines, or free weights.

**Remember:** Spend 5 minutes warming up and 5 minutes cooling down to prepare your joints for movement and help your body recover after exercise.

**Did you know?**

- Physical inactivity can increase disability and worsen joint discomfort and weight gain.
- Any movement is better than no movement. Try to find ways to be more active every day.

Before starting a physical activity program, consult with your care provider about what types of physical activity would be safest for you.