



# EXERCISE FOR A HEALTHY WEIGHT

## BENEFITS OF EXERCISE FOR PATIENTS WITH OBESITY AND OSTEOARTHRITIS

✓ Reduces risk of heart attack and stroke



✓ Maintains overall and joint health with a balance of aerobics, resistance and balance exercises



✓ Enhances weight loss with a balance of exercise, dietary control, and behavioral support

- Aim for 250-300 minutes of moderate-vigorous activity per week to lose 5-10% of body weight over 3-6 months



✓ Prevents falls with balance and flexibility exercises



## BEFORE YOU EXERCISE

1. Ensure you are well rested and well hydrated.

2. Review any joint pain with your doctor.

3. Avoid strenuous exercise during flares of osteoarthritis.

4. Have sufficient warm-up and cool-down of 5-10 minutes, with controlled movements of joints through their movement range.

5. Avoid high-intensity and high-impact activities (e.g. jumps, HIIT, burpees).

6. Start with short bouts of exercises of around 10 minutes and slowly increase as tolerated.

7. Stretch to help with joint health and flexibility.

8. Alternate between different physical activities to avoid injuries from overexertion.

