

Exercise and Arthritis - How Anyone Can Relieve Their Pain By Exercising

"Exercise is any activity that increases your heart rate above normal!" Exercise is essential to relieve and cure arthritis. Most sufferers of arthritis do not exercise because they fear exercise will aggravate their symptoms - this is far from the truth. Without exercise muscles will gradually deteriorate and a vicious circle of even less exercise and even more arthritic pain occurs. Exercise helps keep muscles strong and joints supple. Stronger muscles are less prone to arthritis. To stop your muscles from deteriorating you must exercise regularly. Start slowly and gradually increase it until you feel comfortable. Build up your regime slowly and do not overdo any exercise during the earlier stages. Types of exercises

Cardio Exercises Cardio exercise helps strengthen the heart and help control weight in your body. When people think of exercising they automatically think of jogging. The truth however, is that jogging is one of the most damaging of all exercise and it can damage and tear muscles and tendon. The best form of exercise for arthritis sufferers is walking. Do not underestimate the benefits of walking. Walking is gentle on the body and is suitable for most sufferers. Do wear comfortable shoes and warm clothing when you start.

Strengthening Exercises Weight bearing and resistance exercises help strengthen muscles - strong muscles help reduce injuries and the pain of arthritis. Start with small weights or even use your body weight as a form of resistance. Gradually increase the weight and repetitions to help strengthen your muscles even more.

Stretching Exercises Stretching helps keep joints and muscle supple. Supple muscles and joints are less prone to injury and have a lower risk of developing arthritis. Be careful when stretching and do warm up before you begin. Start off by gently stretching the affected areas (all joints would benefit from stretching but if you prefer you can begin by only stretching the affected joints).

About the Author

Discover more about aerobics and aerobic exercise fitness programs along with many other fitness related subjects such as diet, dance, workout.

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