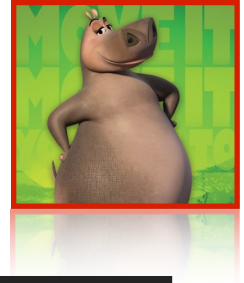


# MOVE IT! MONDAY

## Exercises for Joint Health

Exercise helps keep joints flexible and strong. It can also help you lose weight, which takes pressure off aching joints.



**Warm Up is Critical** -Warming up with gentle movements helps get your body ready for a workout. Simple exercises such as side bends, shoulder shrugs, arm circles, overhead stretches, and bending toward your toes are all good warm-up moves. Repeat each one three to five times. Remember, exercise shouldn't cause pain -- ease into your activity.

### Take The Plunge

Getting active strengthens the muscles that support your joints. Aerobic exercise (or cardio) helps your most important muscle: your heart. Because you'll be exercising several times a week, start thinking about what activities appeal to you, whether they're swimming, tennis, basketball, or something else you enjoy.

### Get Stronger

Strengthening exercises such as weight training help you build the muscles that support your joints. You can use hand weights, resistance bands, or even a 1-liter water bottle. Start with weights that you can lift 12 to 15 times without slouching or poor form. Talk to a certified personal trainer to help design the best strengthening program for you.



### Lat Stretch

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### Tricep Stretch



Stand with your back straight and your feet shoulder-width apart. Bend your left arm and bring your elbow straight up so that it points to the ceiling. Hold your elbow with your right hand. Pull your elbow gently toward your head. You're stretching the back of your bent arm. Hold 15 to 30 seconds. Then switch elbows. Repeat two to four times on each arm.



### Quadriceps Stretch

First stand on your left foot. You can hold onto something for balance. Bend your right knee raising your ankle to your right hand. Bend your right knee raising your ankle toward your right hand. Grab your right ankle pulling your foot toward your butt to deepen the stretch. Keep your knees close together, hold 15 - 30 seconds. Repeat 2 -4 times each leg.



### Calf Stretch

Place your hands on a wall, the back of a chair, a countertop, or a tree. Now step back with your right leg. Keep it straight, and press your right heel toward the floor. Push your hips forward and bend your left leg slightly. You should feel the stretch in your right calf. Hold for 15 to 30 seconds. Repeat two to four times for each leg.