

Resource

## Exercise videos



Exercise has  
; give you

The importance of physical activity

Professor David Scott endorses the importance of physical activity

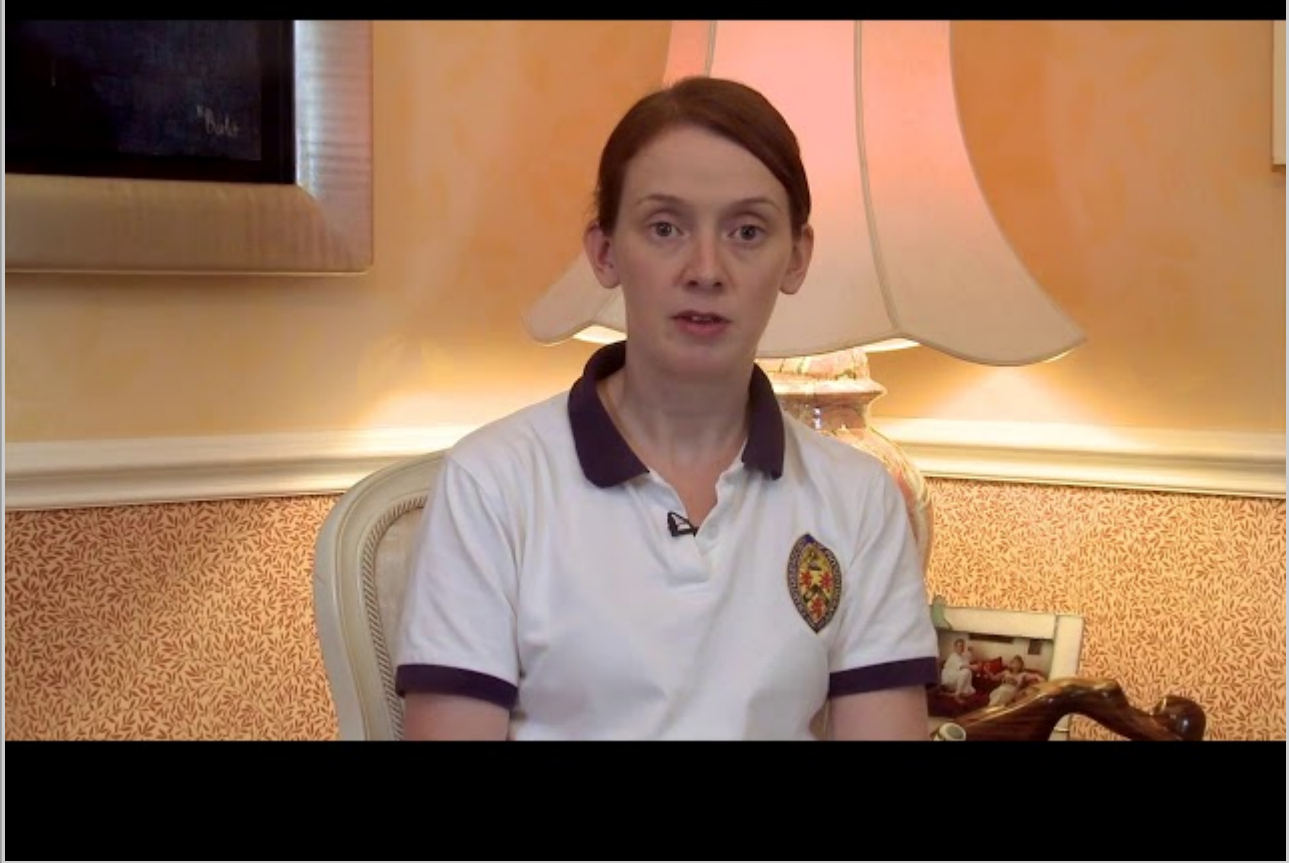
[Click to close video modal](#)



## Exercising with RA: Introduction

Click to close video modal

Close



## Getting Started

Click to close video modal

Close



Is exercise right for me?

Click to close video modal

Close



## Wall Wash Squares

Click to close video modal

Close





## Wrist Alphabet Exercise

Click to close video modal

Close



**nrAS**  
National Rheumatoid  
Arthritis Society



# Exercise and RA: Legs and feet

Exercises for Legs and Feet

Click to close video modal

Close



## Push-Ups from a chair exercise

Click to close video modal

Close





## Strengthening Exercises

Click to close video modal

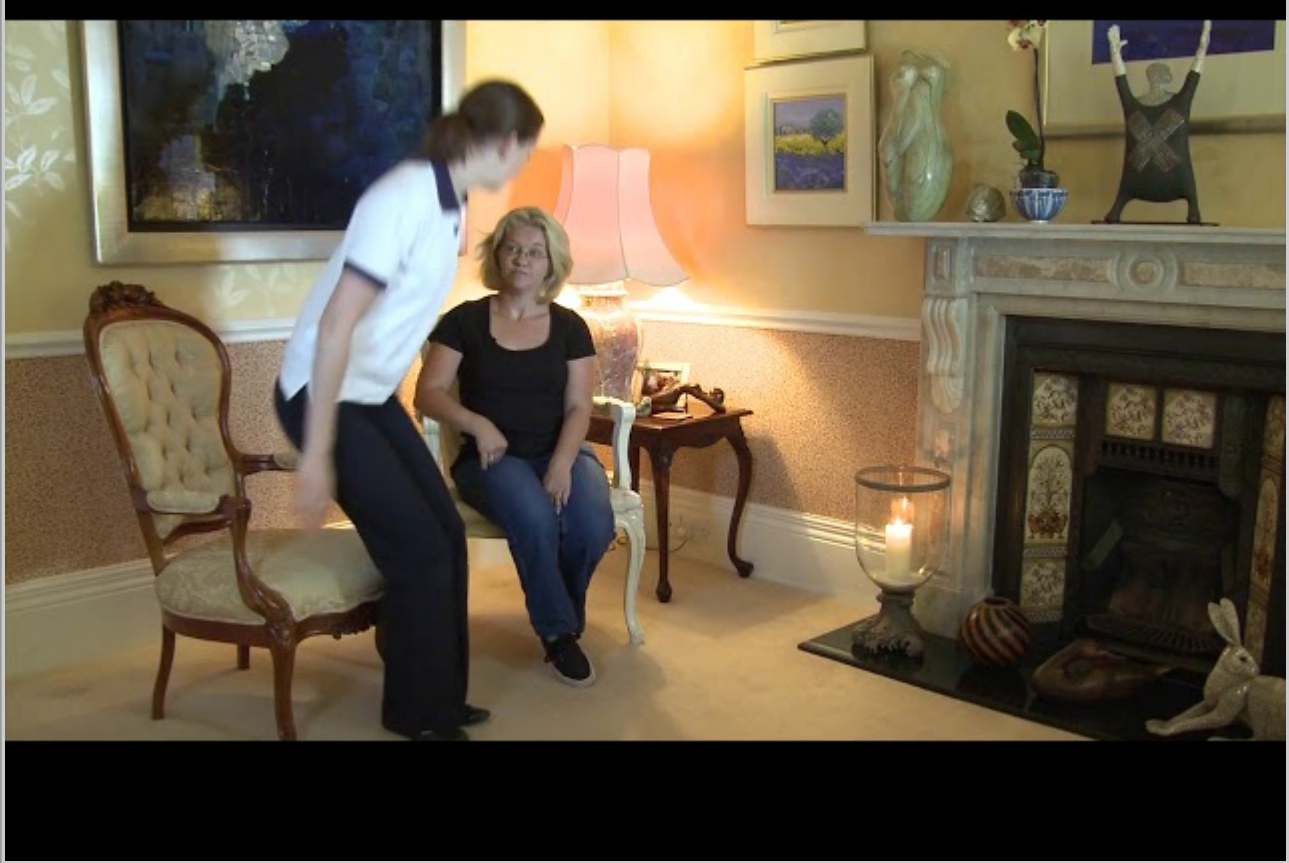
Close



## Stepping exercises

Click to close video modal

Close



## Sitting to Standing Exercise

Click to close video modal

Close





## Step Up Exercise

Click to close video modal

Close

This article was downloaded from [www.nras.org.uk](http://www.nras.org.uk). National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).