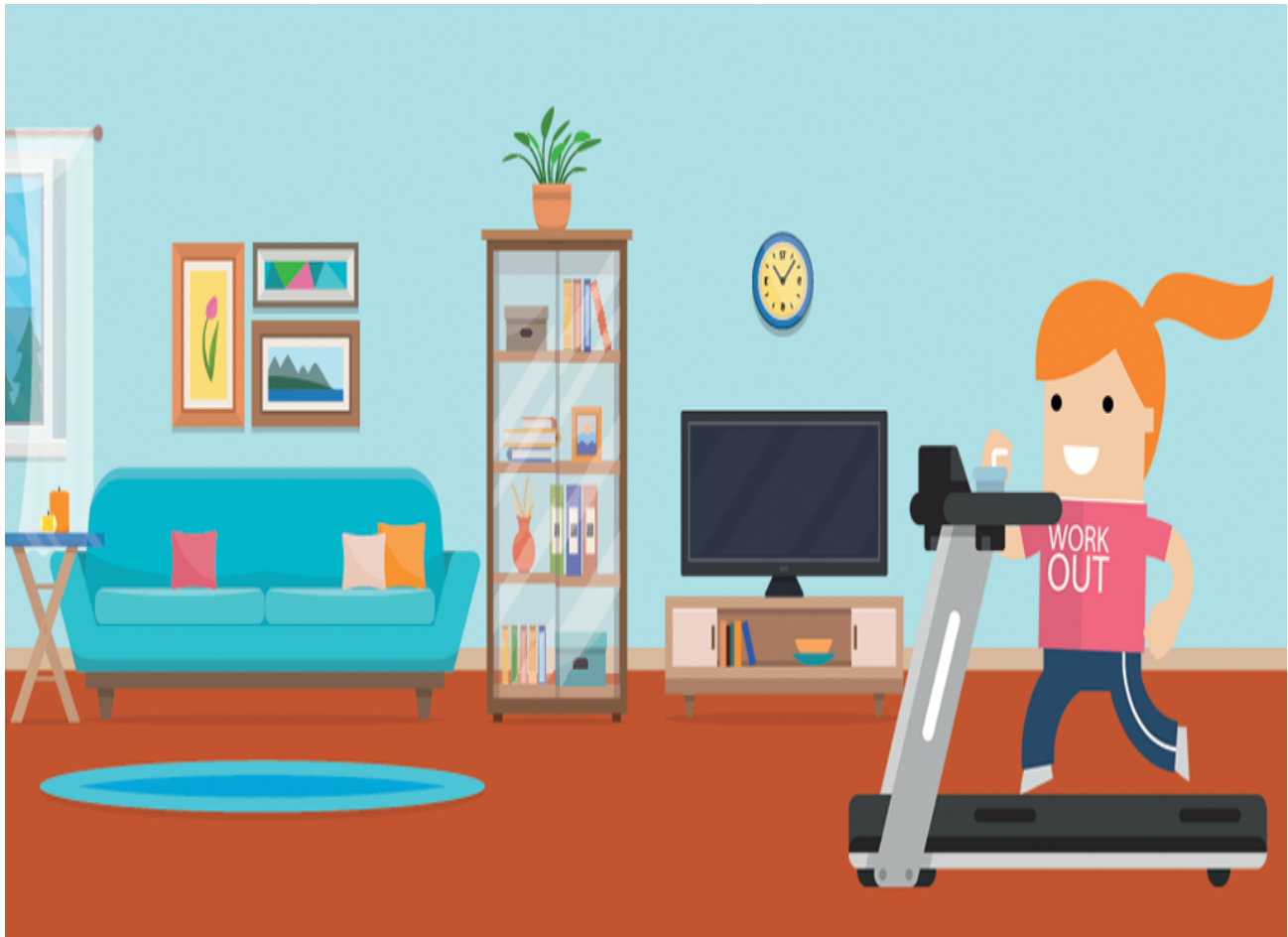


Resource

## Exercise during COVID-19 lockdown

During 2020 with COVID-19 and lockdown, a plethora of exercise gurus sprung up on the internet, but it can be hard to know which ones are safest for people with RA. When managing your health conditions, the best advice you can get is personalised information from your own health teams. However, many people have had limited access to them recently. So, we have done some research and wanted to share some tips with you from people living with RA.

[Print](#)



Exercise programs and videos from physiotherapists, occupational therapists and exercise physiologists have the most medically sound advice. Remember that you are the best source of what works for you, if you have not exercised in a while, you may experience stiffness and possibly some

discomfort, however, you should never ignore pain as its your body's way of saying it's not happy. If, when following an exercise video, you come across an exercise you know or suspect may not be suitable for you, just march on the spot until the next exercise comes along.

Walking is a good exercise that requires no more equipment than a good pair of shoes and somewhere to walk. Walking outside can have its problems such as lots of people out walking, making it difficult to maintain social distancing. Other factors such as uneven surfaces and the weather make it problematic. If you can't get outside, walk around your house, march on the spot, or march in your chair. Something is better than nothing, and risking injury will only set you back further. Another favourite suggestion is to stand up and have a dance in the ad breaks when watching TV. It's a great way to have a giggle while you exercise.

The old adage of move it or lose it rings very true when applied to your mobility, however, my personal favourite quote is exercise should be taken regularly, not seriously. Find something you enjoy and it will never feel like hard work.

Below are some links people with RA have found useful, with exercise they can manage.

## Useful links (external)

[NHS fitness studio](#)

[NHS get active](#)

[NHS sitting exercises](#)

[NHS chair workout](#)

[Quarantrain](#)

## More on this topic

## [Exercise](#)

Exercise is important not just to reduce the risk of further joint damage but for reducing the risk of heart disease, improving muscle strength and mental wellbeing too. There are exercises for people at all stages of their RA journey.

## [Exercise videos](#)

Starting an exercise regime can be daunting for anyone with a condition such as RA, but exercise has many benefits and is recommended for people with all types of arthritis. Our exercise videos give you some simple exercises that you can do from home.

## [Exercise and rheumatoid arthritis](#)

There is a lot of evidence now showing that physical activity is safe and has many benefits for people with RA. Physical activity improves RA symptoms and lowers the risk of developing heart disease.