

Resource

# Exercise videos



The importance of physical activity

Professor David Scott endorses the importance of physical activity

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Exercising with RA: Introduction

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### Getting Started

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Is exercise right for me?

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### Wall Wash Squares

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### Wrist Alphabet Exercise

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# Exercise and RA: Legs and feet

Exercises for Legs and Feet

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Push-Ups from a chair exercise

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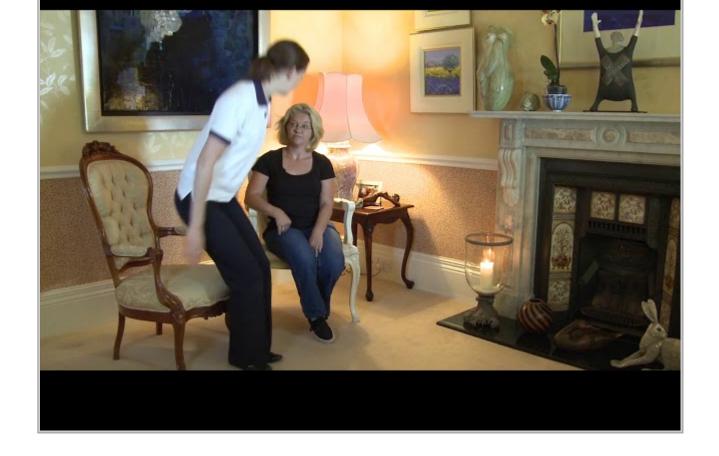
### Strengthening Exercises

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## Stepping exercises

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### Sitting to Standing Exercise

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#### Step Up Exercise

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