

Self-help series fact sheet 9

Careful exercise

Unfortunately exercising with a chronic condition can be a double-edged sword. On one hand exercise can:

1. decrease muscle stiffness
2. help with muscle deconditioning and
3. also improve our mental health.

But on the other hand, if you do too much too quickly it can put you in a push/crash cycle that takes days, or weeks to get out of. So, you must **RESPECT YOUR NEW LIMITS**.

The principles for careful exercise are:

- Start low and go slow (maybe start with walking around the block and then increase to two blocks).
- Set realistic goals (get a pedometer or your watch and start something small such as 1K steps a day and build up each week to 5k steps).
- Monitor via logging in a diary or devices.
- Tailor your program (if necessary talk to an exercise psychologist about a tailored program).



This fact sheet is supported by funding from the ACT PHN through the Australian Government's PHN Program.

Funded by

If you are looking for new forms of exercise Arthritis ACT run several programs with the help of professional exercise psychologists.

During this series of fact sheets there will be a number of these tips and tricks but if you would like further information on a particular subject please feel free to contact us by emailing info@arthritisact.org.au and we will send you further information and a list of support activities.

This fact sheet is supported by funding from the ACT PHN through the Australian Government's PHN Program.

Funded by



Information given in this fact sheet is intended as a guide only and some advice may not be relevant to your particular circumstance. These are only suggestions and your undertaking of these should be done at your own physical level or ability.