



'Strive for Five'
 FIVE STRATEGIES FOR
 MANAGING ARTHRITIS



FELLOWSHIP SQUARE
 SURPRISE

The CDC's Arthritis Management and Wellbeing Program has identified these five self-management strategies for managing arthritis and its symptoms.

Prolong your independence by practicing these 5 simple strategies and get back to doing the things you love.

**Always consult your doctor first, to determine if alternate treatments are safe for you.*

1	SELF-MANAGEMENT	Managing stress, getting plenty of sleep, finding support groups and learning about alternative therapies* are additional strategies that can complement your efforts.
2	THE POWER OF STAYING ACTIVE	Staying active can help reduce pain, improve function, enhance mood, and improve quality of life. Regular physical activity also contributes to better sleep, supports bone strength and brain health, and assists with weight control.
3	TALK TO YOUR DOCTOR	Talk to your doctor if you have joint pain and other arthritis symptoms. It's important to get an accurate diagnosis as soon as possible so you can start treatment. Early and effective treatment is important to minimize symptoms and prevent disease progression.
4	WEIGHT MANAGEMENT	Excess weight puts additional stress on the joints, worsening the pain and accelerating joint degeneration. By maintaining a healthy weight, you can relieve some of the pressure on our joints, ultimately reducing arthritis pain.
5	PROTECT YOUR JOINTS	Start slow and don't overexert yourself. Exercising beyond your limits can lead to injury and increased arthritis pain. Listen to your body and pace yourself accordingly.