

Stay active for healthy joints

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Healthways SilverSneakers® Fitness program can help

Osteoarthritis (sometimes called “degenerative joint disease”) is the most common type of arthritis and occurs especially among older people. After age 45, osteoarthritis is more common among women, and it is more likely to occur in people who are overweight or who have jobs that stress the joints. The condition most often affects the hands, knees, hips and spine (neck or lower back).

If you have osteoarthritis, you may:

- feel joint stiffness after getting out of bed or sitting for a long time
- have swelling in one or more joints
- notice a crunching feeling or sound when you move the joint
- have pain that is made worse by activity and relieved by rest¹

There is no cure for osteoarthritis, but there are medications to help relieve pain, when needed. Your doctor may recommend physical therapy or occupational therapy to help improve strength and function. When pain is severe and frequent or mobility and daily activities become difficult, surgery may be considered.²

Staying physically active and maintaining a healthy weight are keys to living well with osteoarthritis. Too little movement can lead to stiffness and weak joints. Losing one pound can take four pounds of pressure off knee joints.³

Exercise can help you:

- increase your muscle strength
- improve your range of motion
- have a healthy body weight
- improve agility and balance

Some people with osteoarthritis find water-based exercise to be especially beneficial because it's low-impact but offers resistance to help build strength.

Continue reading for **good news** about getting physically active.



Get fit your way™

So you can stay active and help improve osteoarthritis symptoms, Medicare health plans across the nation offer SilverSneakers Fitness at **no extra cost**. SilverSneakers gives members options:

- a fitness membership with access to more than 13,000 locations, with all basic amenities plus SilverSneakers classes
- SilverSneakers FLEX™ classes in your favorite neighborhood locations
- a member website to find fitness locations and FLEX classes, access fitness articles, download recipes and meal plans, and connect with the SilverSneakers online community
- SilverSneakers Steps® with a choice of four kits (general fitness, strength, walking or yoga)

SilverSneakers may already be your benefit. Find out now to take charge of your health!

For more information, visit the SilverSneakers website or call **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. EST.

Check with your doctor before starting SilverSneakers or any exercise program.

1. Handout on Health: Osteoarthritis, from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, and Living with Arthritis: Easy-to-Read Information for Patients and Families, a publication of the U.S. Department of Health and Human Services/ National Institutes of Health, http://www.niams.nih.gov/Health_Info/Osteoarthritis/default.asp
- 2., 3. <http://www.arthritis.org/conditions-treatments/disease-center/osteoarthritis/>



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