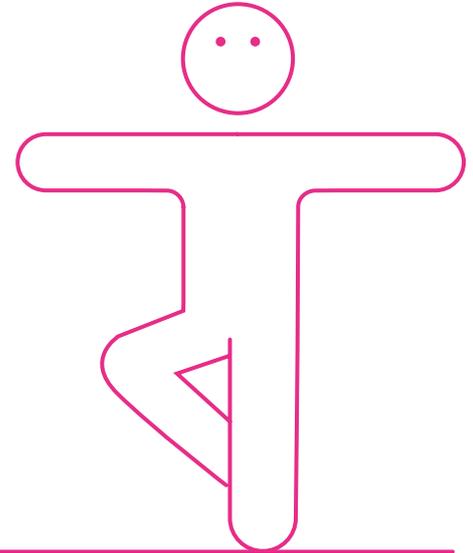


keeping active



- 1** You might be worried physical activity will affect your psoriatic arthritis but being active is one of the best ways to **look after your joints**. It can also help improve the **control** of your psoriatic arthritis and your overall **wellbeing**.
- 2** You may find being active challenging due to **pain, fatigue, sleep loss, reduced muscle strength and depression**. This is a **tricky cycle**, as being less active can often make these problems worse.
- 3** **No type of activity is harmful for psoriatic arthritis**, so you can do the ones you enjoy the most. **Building up your activity slowly** can help prevent injury.
- 4** Keeping active should involve **muscle strengthening exercises** (such as weight training), **stretching and mobility exercises** (such as yoga) to protect your joints and **aerobic activity** (such as swimming) to maintain cardiovascular fitness.



my keeping active plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"I had stopped walking every day. I really noticed my joints feel more painful and stiff. It was hard to want to go for a walk because I felt so tired, but now I have started again I feel so much better."

