



## Arthritis Prescription

Name: \_\_\_\_\_

### Contact The Arthritis Society for more information

- Toll-free Arthritis Information Line  
1.800.321.1433
- www.arthritis.ca
- Arthritis Self-Management Program  
(ASMP)  
Call The Arthritis Society to learn about the pro-  
gram and find out if it is offered in your area

### Your health care provider may also recommend

- Exercise Programs
- Referral to a weight management  
program or dietitian
- Books and videos
- Other \_\_\_\_\_

Notes:

---

---

---

---

---

---

---

---

---

---

## Healthy Choices and Arthritis

### Maintain a healthy weight

#### *Why?*

- Lowers the risk of osteoarthritis
- Reduces the stress on joints

#### *How?*

- Eat a balanced diet, stay active

### Exercise

#### *Why?*

- Strong muscles around joints help prevent joint injury

#### *How?*

- Walk, play, be active every day

### Prevent injury during work, leisure and sports activities

#### *Why?*

- Lowers the risk of osteoarthritis
- Reduces discomfort or pain

#### *How?*

- Avoid repetitive movements
- Change position often
- Keep good posture
- Adjust your workstation to fit your needs
- Warm up your muscles before you start to exercise and cool down after
- Wear proper equipment

### We can help

For more information talk to your health care provider or contact

**The Arthritis Society**

1.800.321.1433 [www.arthritis.ca](http://www.arthritis.ca)