

Choose a healthy lifestyle

EAT HEALTHY¹:

Having a **balanced diet** is necessary to maintain a healthy weight. Weight management will help you remove the extra overload of your joints and, also, you will feel better!

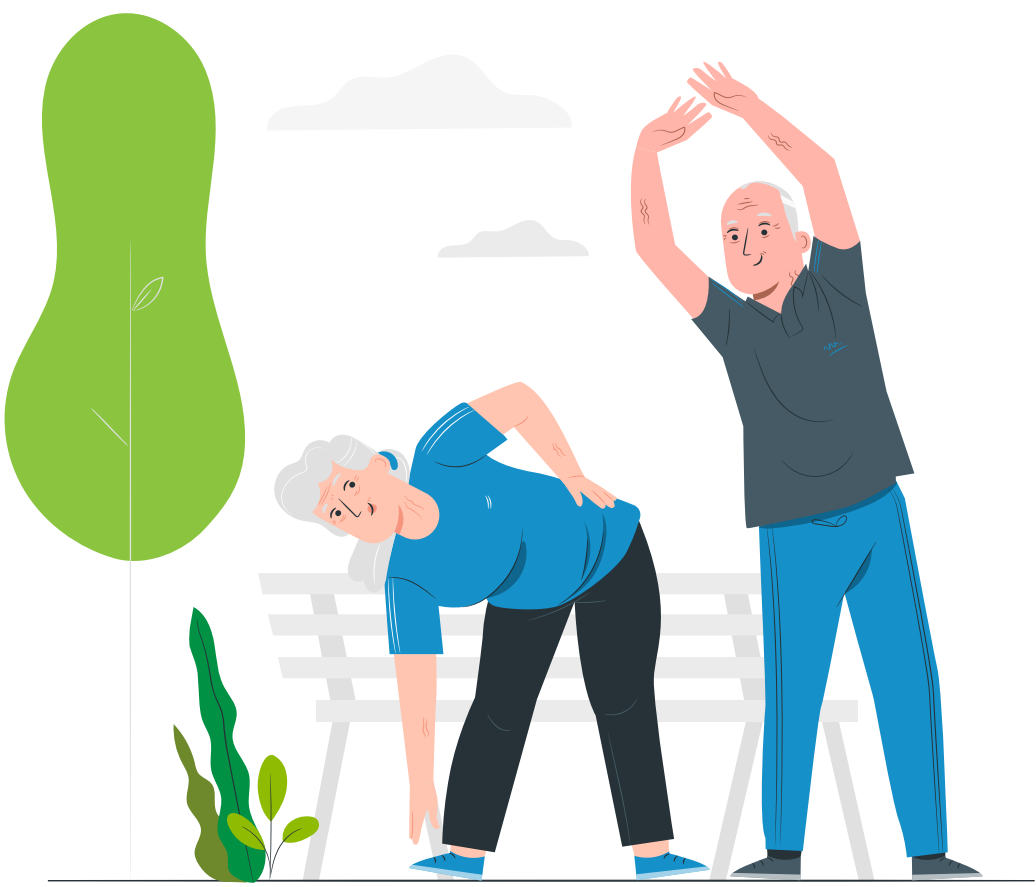
Avoid alcohol consumption, as it affects your balance and it can increase the risk of falls.



EXERCISE ON A REGULAR BASIS²:

Maintaining the range of motion of the joints is essential for OA patients.

Staying active will help your body and mind in many ways:



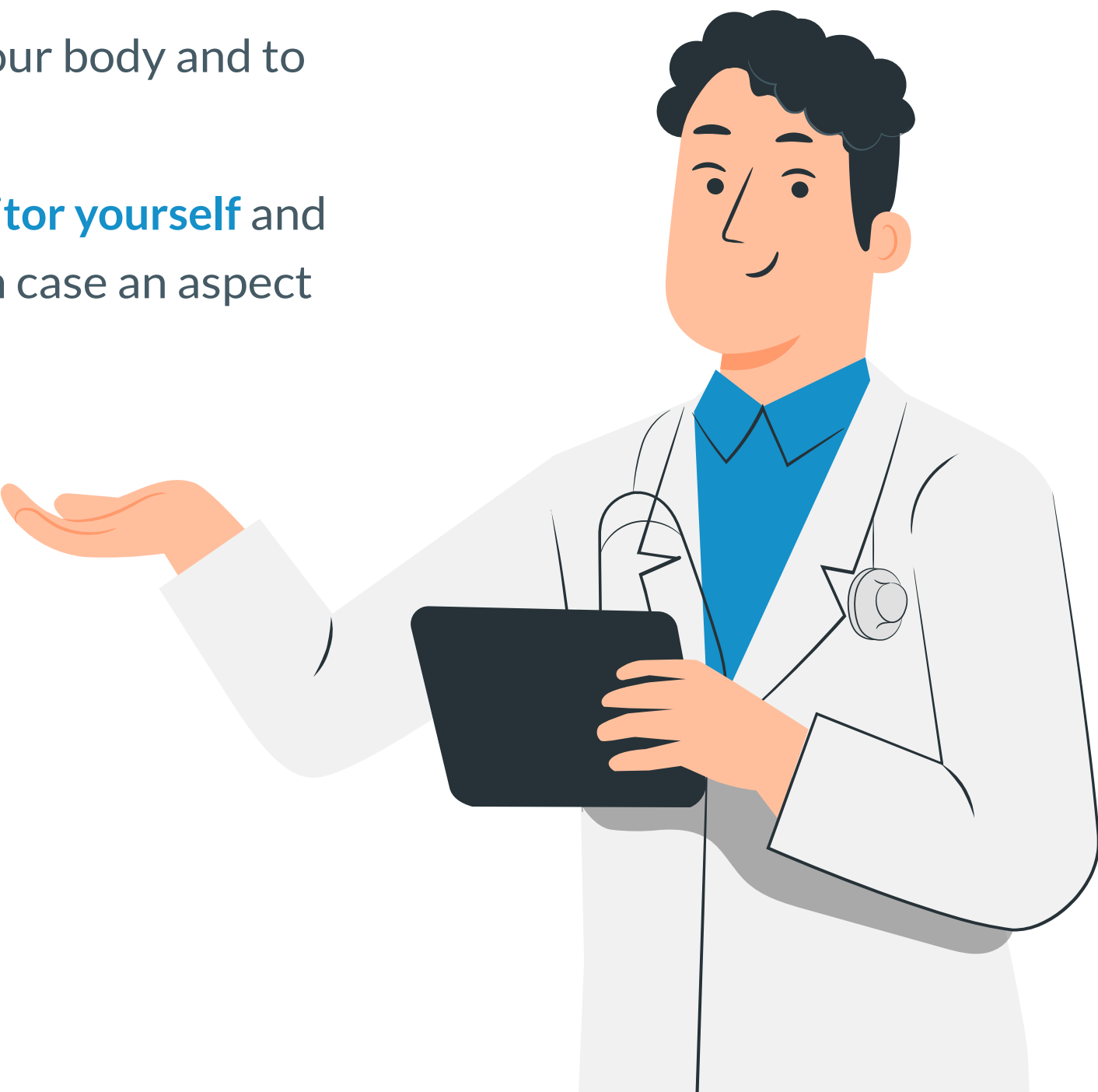
- It helps you manage your weight.
- It relieves joint stiffness and decreases pain and fatigue.
- It helps build muscle strength and improve joint stability.
- It helps you keep a peaceful mind: activities such as tai-chi or yoga combine low-motion exercises with breathing and meditation techniques that can help lower your stress levels and increase mental focus.

Take care of yourself

MONITOR YOUR PROGRESS¹

It is important to pay attention to your body and to act quickly when you feel pain.

Take your medication properly, **monitor yourself** and do not hesitate to see your doctor in case an aspect of your self evaluation worsens.



Stay positive

RELAX²

Relaxing the body and mind can help you relieve pain. You can find ways to **reduce or avoid stress** through different techniques / activities such as:

- Meditation.
- Mindfulness.
- Listening to your favorite music.
- Being close to nature.
- Practicing activities such as tai-chi, yoga or pilates.
- Being surrounded with friends, family and pets.



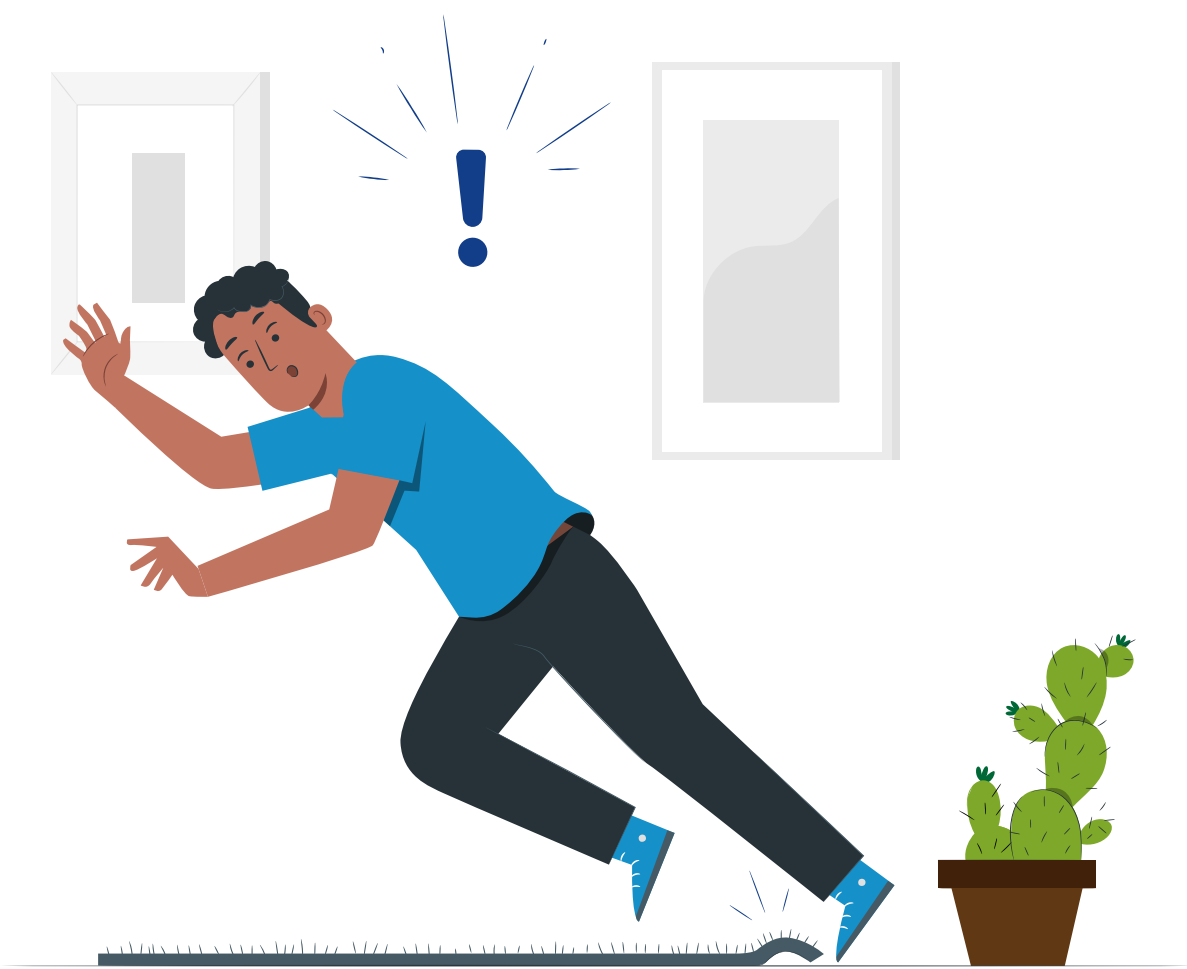
TALK TO OTHER PEOPLE¹

Some patients feel better when they can talk with other patients undergoing the same situation.

Besides families, **support groups** can be a great way to feel supported and, also, to meet new people and have a break from your day-to-day activities.



Take care of yourself



PROTECT YOUR JOINTS²

- Warm up before you perform any physical activity.
- Be careful when wearing socks at home, since they increase the risk of falls.
- Eliminate home hazards that could make you fall.

1. NHS. Osteoarthritis. Living with OA. Accessed on 20.07.2020 at <https://www.nhs.uk/conditions/osteoarthritis/living-with/>
2. Arthritis Foundation. Osteoarthritis. Accessed on 20.07.2020 at: <https://www.arthritis.org/diseases/osteoarthritis>