

Do You Have Psoriatic Arthritis? Tips for Getting Ready for Exercise

We know exercise has many health benefits both physical and psychological. Exercise helps us maintain a healthy weight and improves our circulation, stamina, sleep quality and reduces fatigue. The problem is that people with painful or stiff joints have many limitations. Preparing for exercise is crucial in reducing the chance of injury and enjoying the activity to its fullest.

To start make sure you drink plenty of water before and during exercise. Avoid energy drinks that have sugar or high fructose corn syrup. If you have stiff joints taking magnesium 500 mg the morning of the activity may help. Also it is not a good idea to stretch cold or inactive muscles. Do a few minutes of walking in place, knee bends or arm swings to first warm up the muscles. After this time learn some quick, safe stretches for your back and extremities. After this time then more vigorous activity can be performed. If you have not exercised in a while start with 5 minutes and gradually work your way up to 30 minutes a day. A light stretch after activity is also recommended. Do something you enjoy. Whether its walking, biking, yoga, or swimming, all that matters is that you are moving and this will greatly help your overall health goals.