

Sitting is the new smoking.



For many of us, meetings and computer work have increased on the job. At home, we're spending more leisure time sitting with our technology devices. These sedentary activities of sitting still or lying down for too long are inviting various health problems, including heart disease, hypertension and major joint pain.

Get moving.

Avoiding exercise to protect your achy joints will do you even more harm. Here are three types of activities you can incorporate into your daily life to **loosen up your joints.**



Enjoy the great outdoors

Swimming laps or attending a water aerobics class is a great low-impact exercise to stretch your muscles while soothing your joints. Walking and cycling are also easy on sore joints, compared to traditional jogging.



Get fit around the house

If you prefer to spend your downtime at home, there's plenty of ways to get low-impact exercise in whether it's house cleaning, gardening or pulling weeds and raking leaves in your yard.



Center yourself

Joint pain can result in impaired balance, coordination and an increased risk of falling. Yoga and tai chi are great exercises that boost joint flexibility and relaxation. And it's OK if you need to modify some postures to lessen the stress on your joints.

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