

## Summarized Movement Suggestions

- Ideal to talk with a doctor first about exercise before starting
  - Some programs require this – which also supports health
  - If have a doubt about a movement do it less or skip it
  - Today it will be pretty mild
- Slow and Gentle
  - Actually more work when stretch or strengthen slowly
- Listen to Your Body
  - If it Hurts, Slow Down or Stop
  - Modify a Movement as Needed (example arms part way up)
- No touching
  - (due to possible triggers and the temptation to move other's limbs to help them learn a new movement)
- Go at your Own pace
  - Start small and build
- Signs of Over-Exertion from the Arthritis Foundation Exercise Program:
  - Severe shortness of breathe
  - Dizziness
  - Nausea
  - Severe Joint Pain
  - Chest Pain

# PHYSICAL ACTIVITY PYRAMID



