



# spotlight on health

## Tips To Keep Your Outdoor Activities Pain Free

(NAPSA)—For many people, spending time outdoors means a jog around the neighborhood, walking the dog or playing catch with the kids. But for those with osteoarthritis or even everyday aches and pains, outdoor activities can seem daunting. It is important to note that an active lifestyle is an integral part of keeping joints healthy and improving overall quality of life. In fact, the Arthritis Foundation includes exercise as a way to improve the symptoms associated with joint pain caused by arthritis.

Lack of exercise raises the risk for cardiovascular disorders and other chronic illnesses and can also make the muscles of the body less efficient and increase fatigue, stress and anxiety.

However, even the most basic type of movement in the warm weather can benefit those who suffer from common aches and pains. Movement can help individuals with pain build strength and improve sleep, mood and energy levels, allowing them to stay active and fully enjoy their outdoor activities.

By following a few simple tips, those who are suffering from pain can keep their outdoor activities—and their life—pain free.

- **Get moving with everyday activities**—Gardening, housework, mowing the lawn, washing the car and climbing stairs are all great ways to burn calories and reap the health benefits of physical activity.

- **Take a brisk walk**—If you really don't have an hour to change into workout gear and get



sweaty, make a point of briskly walking between your daily appointments. Ten minutes here and ten minutes there add up.

- **Always warm up before exercise or other strenuous physical activity**—Warming up prepares your muscles for exercise and can help prevent strains, muscle soreness and other injuries.

- **Maintain proper nutrition and diet**—Eating a diet low in calories can reduce and prevent excessive weight that may cause additional and unnecessary stress on joints.

- **Take an over-the-counter (OTC) pain reliever**—Non-steroidal anti-inflammatory drugs (NSAIDs) such as Aleve work to relieve everyday aches and pains. Aleve has also been shown to provide 24 hours of relief with just two pills—something not found with other OTC brands.

Be sure to talk to your health care provider before beginning a new exercise program. For more information on how to effectively manage pain, visit the Aleve Joint & Back Pain Resource Center at [www.aleve.com](http://www.aleve.com).