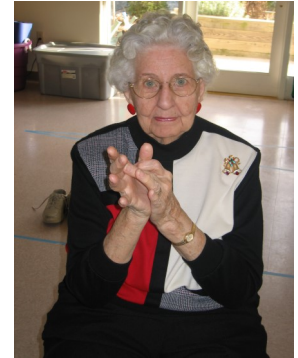


Arthritis

Arthritis is a general term referring to more than 100 different forms of joint pain or joint disease affecting people of all ages and races. According to the Arthritis Foundation, it is the leading cause of disability in America, with more than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.



Arthritis symptoms include:

- ◆ swelling
- ◆ pain
- ◆ stiffness
- ◆ decreased range of motion

These symptoms vary in intensity and frequency of pain, but can lead to chronic pain, reduced ability to perform daily activities and difficulty with ease of movement.

How can Yoga help arthritis?

Physical Benefits—A regular yoga practice can reduce pain and improve ease of movement in people with arthritis. Yoga builds muscular strength for joint support and reduced loss of bone, improves flexibility for greater range of motion, and helps lubricate the joints. Yoga can also improve posture, balance, and coordination to reduce the risk of injury.

Physiological Benefits—Yoga helps reduce the effects of stress and increases the relaxation response. When we are in a relaxed state, our bodies can heal more easily, enjoy improved sleep quality, increase blood and lymph flow, and realize greater vitality and energy.

Psychological Benefits—Yoga helps you feel more calm and centered, able to deal with the challenges of life. It can boost your mood and give you a sense of self-empowerment by doing something positive to improve your health.

Try yoga to improve the symptoms of arthritis and create a greater sense of ease and well-being in your life!



Excerpted from: *Yoga for Arthritis* by Margy Smariga, MA, E-RYT500, Certified Yoga Therapist