

Cardio Exercises with Joint Pain

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It should be no surprise by now that cardiovascular exercise is not only a good idea, but very important for our bodies. Getting that heartrate up helps keep a healthy weight, helps keep our cardiovascular system healthy, reduces the risk of heart disease and high blood pressure, and vastly improves our mood! However, when facing the difficulties of joint pain can really put a damper on that cardio exercise! It's hard to find motivation to move when it causes you pain. Luckily, there are some low-impact exercises out there that still allow you to get a little sweaty! Read on and don't let joint pain slow you down!

Why It's Still Important

Though joint pain can make you want to take a backseat and live the couch life, that cardiovascular exercise is still so important. It can even help decrease your pain! So while it may be tough to get started, studies show that after consistent exercise and training, those with musculoskeletal pain had a decrease in symptoms! In addition, consistent exercise can help with increasing energy levels. If your past excuses have included being too tired, you now can eliminate that reasoning!

Taking It Easy

Joint pain can really make you want to stop moving altogether, especially during flare-ups. While you should not stop moving, you should take it easy on joints that are bothersome. You do not want to cause a severe flare-up or exercise in a way that makes you not want to ever do it again. That being said, try some of these low-impact exercises to benefit from that increased heartrate:

- **Swimming** is the best way to get cardio exercise without hurting your joints. In addition to basically zero impact, the force of gravity is a lot less, too! The water actually supports your body. In addition to its cardio benefits, swimming also increases your strength and balance. If you're new to swimming, consider joining a club or classes for beginners!
- **Cardio machines** like the elliptical and the stationary bike are also great for tender joints, like the knees. They allow you to go as hard or as easy as you like and the impact on your joints is minimal. These machines are popular, too, so gyms usually have a lot of them on hand.
- **Walking** is one more low-impact exercise that is very easily accessible. Almost anyone can find a space to walk in. Going for a brisk walk can get your heartrate up without slamming your joints. Some find that going for a walk with friends makes the activity seem more like socializing! On the other hand, many enjoy a nice, quiet walk by themselves.

Whatever exercise you choose, just make sure you are thinking of your joints! To get the best benefits from your activity, try to exercise for thirty minutes, three or four days out of the week!