Targeted training strengthens the joints:

Muscles | Strength | Coordination
--- | --- | ---

Movement produces more synovial fluid, which leads to less abrasion.

Prevention:
The Framingham study showed that the risk of women developing arthritis can be reduced by 50 percent by losing around 5.1 kilograms and lowering their BMI by around two points.²

The right sport for you

For more than every second couch potato, health complaints are an incentive to take up sport.²

<table>
<thead>
<tr>
<th>18 – 39 years</th>
<th>40 – 59 years</th>
<th>60 years old and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>55 %</td>
<td>63 %</td>
<td>54 %</td>
</tr>
</tbody>
</table>

Beneficial sports with gentle movements³

- Swimming or aqua aerobics
- Golf
- Cycling
- Endurance training on the cross trainer
- Walking
- Skiing
- Aerobics

Sustainable effect: Studies show that therapeutic exercises for knee osteoarthritis continue to have an effect after 2 to 6 months.⁴

Adjust your exercise and sports routine to your state of health and discuss it with your doctor / physiotherapist.

Fit and healthy – Integrating sport into everyday life

Cartilage is supplied both by blood vessels and the synovial fluid. For this to work well, regular strain and relief is required.⁵

medi Tip:
If possible, get up every 30 minutes, walk a lot and ride a bike. In addition, aim to get a total of 2.5 hours of targeted, gentle training per week. It’s easy – that’s just 30 minutes per day.

Quellen:

Beware of:
- Alpine skiing
- Tennis, squash
- Horse riding

 medi GmbH & Co. KG
Medicusstraße 1 · 95448 Bayreuth · Germany · T +49 921 912-750 · F +49 921 912-8192 · www.medi.de