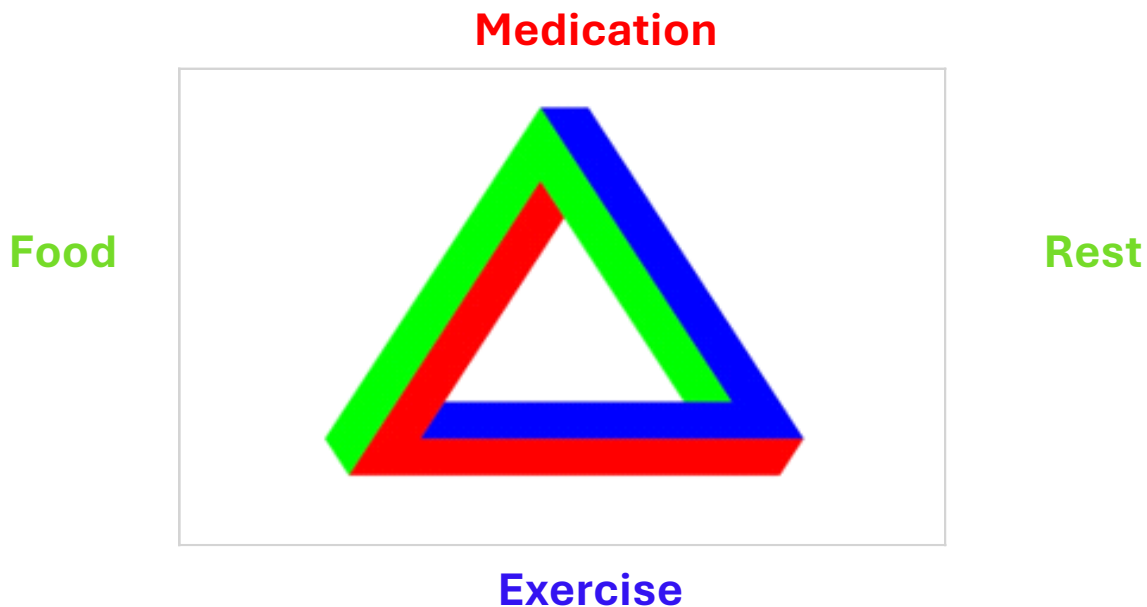


18th Annual Lupus Education Day

November 23, 2024

Moving with Lupus

My name is Marsha Jackson, I am the Clinical Coordinator for the RA CHAMP Program. I am also a 24-year survivor of Rheumatoid Arthritis. Rheumatoid Arthritis (RA) and Lupus are both autoimmune diseases that affect the joints and can have overlapping symptoms. Both conditions may require medications. However, medication is only one part of the treatment. Regular exercise, a health-ish diet, and rest can also help to support the joints and ease stiffness. Today, I would like to talk about the value of **Exercising** and the many options to **Keep It Moving**.



It can be hard to stay active when you are dealing with symptoms — but physical activity can ease some of your symptoms and help you feel better! Pain and fatigue can make it difficult to get off the sofa, exercise is probably the last thing on your mind. Physical activity is one of the best things you can do for Lupus, it can improve the mind, body and overall wellness. Learning about the benefits of staying active and committing to an activity that you enjoy can help you feel better. When beginning a new exercise, start slowly. Stretching and isometric contraction work are light exercise which can increase flexibility and muscle strength. Low-impact, aerobic activities such as walking, water exercises / swimming or riding a stationary bicycle are good places to start. Yard work, cleaning the house, chair exercises and even dancing are forms of exercise which can be an easier way to stay active as well.

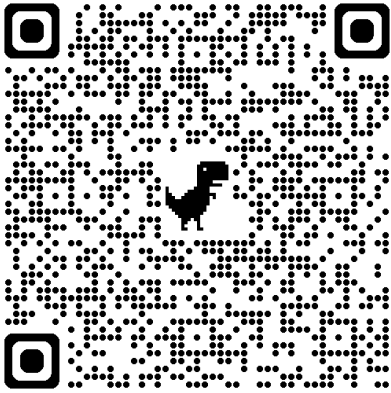
The Lupus Foundation of America gives five benefits of utilizing exercise to manage Lupus:

1. Exercise can strengthen parts of your body that may be affected by lupus — the heart, lungs, bones and joints.
2. Exercise helps reduce inflammation by regulating some of the chemicals involved in the inflammation process.
3. Exercise can help control weight gain caused by use of corticosteroid medications and keep your body conditioned.
4. Exercise, and even simple low-impact movement, will make muscles less stiff, increase your range of motion and help you reduce the risk of heart disease.
5. Exercise may boost your mental health, making it easier to cope with life's stressors, potentially improve mood and self-esteem. In addition, exercise can reduce fatigue.

The Lupus Foundation of America, a national research center on Lupus, believes staying active is the key to improving outcomes. James S. Andrews, MD; Patricia P. Katz, PhD; and fellow researchers at the University of California, San Francisco, and the Veterans Affairs Medical Center in San Francisco conducted a study of 146 women with Lupus. To summarize, it was once believed the more muscle mass you have, the stronger you are and the less disabled you are. One exciting finding was that a woman's muscle strength has a bigger impact on her physical performance than her overall muscle mass does. This suggests that improving a woman's strength can help improve or even prevent physical disability. Andrews determines if we improve physical functioning, we can make an impact on overall quality of life for women with lupus. Strengthening your muscles can be accomplished by being purposeful in your everyday life.

The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change.”

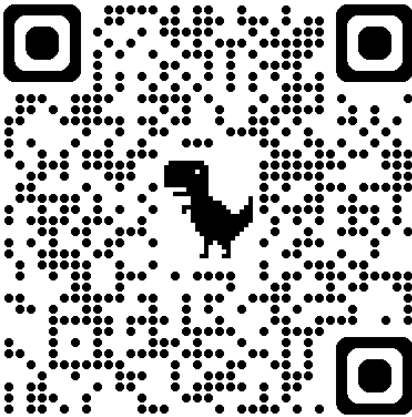
Lupus Exercises and Movements



Lupus Europe - Exercise Program for Lupus Patients

Level 1-5

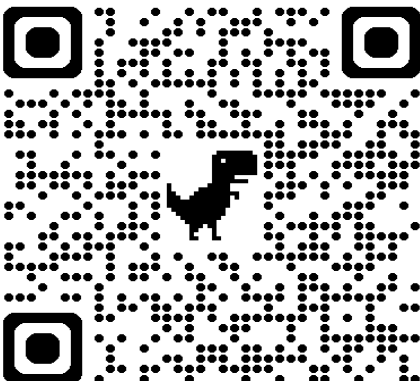
YouTube



Yoga for Lupus - Gentle Yoga for

Autoimmune Disorder & Chronic Pain

YouTube



Lupus UK - Exercising with Lupus

YouTube