

## RESOURCES TO GUIDE PHYSICAL ACTIVITY IN PATIENTS WITH ARTHRITIS

**Canadian Physical Activity Guidelines** - The Canadian Society for Exercise Physiology (CSEP) provides guidelines for physical activity for various agegroups. They can be downloaded for free, in English or French, from <http://www.csep.ca/english/view.asp?x=804>

**Patient Fact Sheet on Exercise for Arthritis** - the American College of Rheumatology  
[http://www.rheumatology.org/Practice/Clinical/Patients/Diseases\\_And\\_Conditions/Exercise\\_and\\_Arthritis/](http://www.rheumatology.org/Practice/Clinical/Patients/Diseases_And_Conditions/Exercise_and_Arthritis/)

**Physical Activity Line of BC** – an initiative of the BC Ministry of Health that provides free counseling services for physical activity and transition from therapy into the community. Exercise physiologists are available by telephone Monday to Friday, 9:00 AM – 5:00 PM. Toll Free: 1-877-725-1149 or 604-241-2266. [Physical Activity Fact Sheets](#) are also available on the website:  
<http://www.physicalactivityline.com/>

**Self Management BC** - a joint initiative between the University of Victoria and the BC Ministry of Health. There are several programs that may be of benefit to patients affected by arthritis:

1. Active Choices program - coaches and supports persons with chronic disease (including arthritis) regarding exercise and physical activity
2. Arthritis/Fibromyalgia Self-Management program – provides information and practical skills for managing various forms of Arthritis.
3. Chronic Pain Self Management Program – provides patients strategies to better manage their symptoms and daily lives.

All three programs may be found at

<http://www.selfmanagementbc.ca/CommunityPrograms>

Dr. Mike Evans You-tube video promotes the importance of physical activity, especially with Chronic disease <http://www.youtube.com/watch?v=aUaInS6HIGo>

**Exercise is Medicine** is an international initiative to foster exercise.

1. Patients can get information about exercise in 45 different medical conditions at <http://exerciseismedicine.org/YourPrescription.htm>
2. Health care providers can access information to guide the advice they give to patients at <http://www.exerciseismedicine.ca/professional-resources>