

# Being active is important for Musculoskeletal Pain

What good things could being more active do for you?



Reduces pain



Reduces stiffness



Improves physical ability



Improves quality of life



Improves general health



Improves mental health

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my pain?



Better sleep quality & better self esteem



Gradual increase in physical activity

Improve fitness

Less fatigue and greater energy

Improves resilience

## Follow these Top Tips to keep you active:

- 1 Find something you enjoy. If one thing isn't for you, try something else
- 2 Increase your duration of activity first, then the intensity
- 3 Ensure that you warm up before dedicated activity, and cool down afterwards
- 4 Muscle soreness after physical activity is very common, particularly if you're new to regular exercise, but it does not mean damage. As you get stronger and fitter, this will get better
- 5 Function often improves before pain – strong muscles support joints
- 6 Don't let bad days discourage you or make you stop
- 7 Exercise at the time of day when your pain is usually least severe
- 8 Wear supportive footwear – shock absorption and stability are important
- 9 Start slow and build up gradually aiming for bouts of 10 minutes or more
- 10 Tell your friends and family your plans

## Build activity into everyday life:

