



One Exercise Reduces Arthritis and Knee Pain

Description

Cycling is a great way to stay active and improve knee health, even if you don't have an expensive bike. According to experts, simply riding a bike around your neighborhood or using a stationary bike at the gym a few times a week can make a big difference. It's not just biking that can help with arthritis either – activities like swimming, running, and strength training can also be beneficial.

Many people with arthritis worry about exercising, but experts say it's important to find activities that work for you. If you're nervous about starting, consider talking to a physical therapist for guidance. Remember to always wear protective gear when cycling outdoors and follow safety guidelines.

Staying active is key to keeping your muscles and joints healthy as you age, especially if you have a chronic condition like arthritis. So, don't let fear hold you back – get moving and keep your knees strong and pain-free.

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Vocabulary List:

1. **Cycling** // (noun): The activity of riding a bicycle.
2. **Arthritis** // (noun): A medical condition affecting joints causing pain and inflammation.
3. **Stationary** // (adjective): Not moving fixed in one place.
4. **Swimming** // (noun): The sport or activity of moving through water by moving your arms and legs.
5. **Strength training** // (noun): A form of physical exercise using weights to increase muscle strength.
6. **Therapist** // (noun): A person trained in methods to help people with physical or psychological issues.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which condition is characterized by high levels of glucose in the blood?
Option: Diabetes
Option: Arthritis
Option: Infections
Option: Loneliness
2. What is the term for taking actions to stop something from happening?
Option: Strain
Option: Prevent
Option: Exacerbated
Option: Impact
3. What term is used to describe a widespread occurrence of a disease in a specific community at a particular time?
Option: Well-being
Option: Epidemic
Option: Cycling
Option: Secretions
4. What does it mean to make suffering deficiency or a problem less severe?
Option: Surgeon General
Option: Alleviate
Option: Multidisciplinary
Option: Debris
5. Which exercise type focuses on building muscle mass and strength?



- Option: Stationary
- Option: Swimming
- Option: Therapist
- Option: Strength training

6. Which term relates to principles of right and wrong behavior?

- Option: Impact
- Option: Ethical
- Option: Nonprofit
- Option: Recommendations

7. Which word describes having difficulty and making efforts to overcome it?

- Option: Diabetes
- Option: Struggling
- Option: Inflammatory
- Option: Caregiver

8. What term describes something that has been missed or not considered?

- Option: Prevent
- Option: Overlooked
- Option: Alleviate
- Option: Diabetes

9. What is the feeling of being sad and alone?

- Option: Multidisciplinary
- Option: Loneliness
- Option: Impact
- Option: Surgeon General

10. Which type of medication is used to treat fungal infections?

- Option: Antifungal
- Option: Exacerbated
- Option: Cycling
- Option: Arthritis

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ from healthcare professionals can help individuals manage their condition better.



12. The new policy had a significant _____ on the community.
13. Heavy lifting can put a lot of _____ on your back muscles.
14. After the storm the streets were covered in _____ from damaged buildings.
15. Social activities can help combat feelings of _____ in individuals.
16. Proper hand hygiene is crucial in preventing the spread of _____ in healthcare settings.
17. The lack of rain _____ the drought conditions in the region.
18. A _____ provides support and assistance to individuals who need help with daily activities.
19. The construction of a new road will have a significant _____ on local traffic.
20. Regular exercise is important for overall health and _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The organization operates as a nonprofit and focuses on charitable activities to support the community.
22. Mucus and other bodily fluids are examples of these that can transmit infections.
23. The treatment plan involved a approach including input from doctors therapists and nutritionists.
24. The is responsible for providing information on public health and wellness initiatives at a national level.
25. is a great low-impact exercise that can improve cardiovascular health and muscle strength.
26. Regular can help improve joint mobility and overall fitness levels.
27. is a condition that causes inflammation and stiffness in the joints leading to pain and reduced mobility.



28. Using a bike at home is a convenient way to get in some cardio exercise.

29. The physical guided the patient through exercises to help improve muscle strength and flexibility.

30. An response in the body can cause redness swelling and pain.

Answer

Multiple Choice: 1. Diabetes 2. Prevent 3. Epidemic 4. Alleviate 5. Strength training 6. Ethical 7. Struggling
8. Overlooked 9. Loneliness 10. Antifungal

Gap-Fill: 11. Recommendations 12. Impact 13. Strain 14. Debris 15. Loneliness 16. Infections 17.
Exacerbated 18. Caregiver 19. Impact 20. Well-being

Matching sentence: 1. Nonprofit 2. Secretions 3. Multidisciplinary 4. Surgeon General 5. Swimming 6. Cycling
7. Arthritis 8. Stationary 9. Therapist 10. Inflammatory

CATEGORY

1. Health - LEVEL2

Date Created

2024/06/12

Author

aimeeyoung99

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