



Unified Fitness, NPB
Your Health and Wellness Partner

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Managing inflammation: Rheumatoid Arthritis

CHRONIC CARE CHRONICLES

[Unlocking Your Joints: Rheumatoid Arthritis: See Full Blog Post: Rheumatoid Arthritis](#)

Inflammation and Joint Impact

Understanding Rheumatoid Arthritis

Rheumatoid arthritis isn't "just sore joints". It's an autoimmune disease, meaning the immune system mistakenly attacks the body, especially the joints. Over time, this can lead to pain, swelling, stiffness, weakness, and fatigue, and it can seriously affect day-to-day life. Here are the nine most common rheumatoid arthritis symptoms:

- Joint pain (especially hands, wrists, knees, feet)
- Joint swelling
- Morning stiffness lasting 30 minutes or longer
- Warm, tender joints
- Fatigue / low energy
- Reduced range of motion and flexibility
- Weakness (especially grip strength)
- Symptoms on both sides of the body (symmetrical joint pain)
- Flare-ups (symptoms come and go, with worse periods)



The Movement Prescription:

The Role of Exercise for Rheumatoid Arthritis

A movement prescription for Rheumatoid arthritis should be comprehensive, consistent, and joint-friendly, and build strength and stamina without triggering flare-ups. Blending low-impact cardiovascular exercise, strength training, and flexibility/range-of-motion activities. It is critical to consult a physical therapist or personal trainer to create and execute a safe, individualized program.

Key Principles

- Low-Impact First
- Choose exercises that protect joints and reduce pounding.
- Consistency Over Intensity
- Regular movement beats "hard workouts" for RA.
- Respect Flare-Ups (Modify, Don't Quit)
- Reduce intensity and range of motion during flare days.
- Strengthen to Support the Joints
- Strong muscles = less stress on painful joints.

Consistently applying these straightforward measures can lead to sustainable daily improvements. Let's get started executing these principles together.



Call or email today to start your journey to better health!



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Small Steps, Big Impact:

Actionable Tips You Can Use Today

To build momentum and manage Arthritis start with small, actionable steps.

- Do a 5-minute joint warm-up every morning (gentle wrist circles, shoulder rolls, ankle circles, and slow marching) to reduce stiffness and help joints feel “looser” faster. Take 2-3 short movement breaks during the day
- Even 3-5 minutes of walking or stretching helps decrease stiffness and prevents the “lock-up” feeling.
- Use the “heat before, ice after” rule when needed. Heat helps loosen stiff joints before activity, and ice can calm swelling and soreness afterward.
- Strengthen your joints with light resistance 2x per week. Simple band or light dumbbell exercises help support painful joints and improve function over time.

These simple steps can lead to lasting daily improvements.



The Power of Connection:

Why Coaching Matters with Rheumatoid Arthritis

The power of combining personal effort with professional guidance and social support.

- “I feel stronger, more stable, and less afraid of movement.”
- “My morning stiffness has improved so much since starting coaching.”
- “I finally have a plan for flare-ups instead of quitting completely.”
- “I have more energy and less fatigue throughout the day.”
- “I can open jars, grip better, and use my hands without as much pain.”
- “The workouts were joint-friendly and actually made me feel better.”
- “I’m moving more consistently now, without overdoing it.”

These experiences offer hope and inspiration, showing that a combination of personal effort and professional guidance gives hope and a roadmap.

Call or email today to start your journey to better health!





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A New Approach To Wellness

For individuals managing chronic or minor conditions, personalized coaching is a game-changer. We partner with physicians to provide tailored exercise prescriptions and health coaching that complements medical treatment, ultimately improving client outcomes and quality of life.



Our Approach to Wellness

We provide one-on-one coaching and personalized fitness programs for managing chronic and minor health conditions, support individuals post-rehabilitation, and guide clients in maintaining overall wellness to help with the demands of daily life.

About the author and health coach.

Nina Parker-Brison is an ACSM-certified Personal Trainer and Exercise Physiologist who believes that as our health changes and challenges us, we have the power to manage those challenges and still lead a full life.

Food for thought:

- What's been the hardest part of managing your rheumatoid arthritis so far?"
- "What symptoms affect your daily life the most right now?"

Please submit your response to ufitnpb@yahoo.com or text: 302-528-5021.

For Medical Professionals

Elevate your patient care with tailored lifestyle support. Let's offer your patients options to help integrate expert exercise, nutrition, and lifestyle guidance into their treatment plans. Call today to see how we can extend your care team.

For Patients and Caregivers

Ready to feel stronger and move with ease? Stop waiting for 'tomorrow' and take control of your health today. Our certified coaches are ready to build a personalized plan just for you. Call now for your free consultation and kickstart your transformation!

For Health Seekers

Ready to unlock a stronger, more mobile version of yourself? Our certified coaches are ready to guide you every step of the way to a healthier you. Book your free consultation today and let's get started.



Call or email today to start your journey to better health!

Disclaimer: This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or medical health provider with any questions you may have regarding a medical condition or mental health concerns.



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