

## Knee and hip osteoarthritis

# For osteoarthritis, *a little weight loss* can go a long way<sup>‡</sup>



Outsmart arthritis with exercise, diet, and safer pain relief\*

It's not about being thinner. If you have arthritis, weight loss can mean healthier joints and the chance to move more easily, with less pain.

**Weight loss is not right for everyone with OA. Remember to talk to your doctor before beginning or modifying any diet or exercise program.**

### What a difference a pound makes!



**MOTIVATIONAL MATH:** For each pound you lose, the pressure on your knees is 4 times less. So if you drop 5 pounds, the load on your knees is 20 pounds less—and that can make a big difference in how you feel.

### Calorie-Burning Tips: Workout—or Housework?

To lose weight, it helps to burn extra calories. Exercising more is one good strategy. Here's another: doing more chores around the house.

Moderate Exercise		Common Chores	
Exercise (1 hour)	Calories burned	Activity (times vary)	Calories burned
Walking (3.5 miles)	280	Gardening, 30-45 min.	150
Hiking	370	Pushing a stroller 3 miles, 1 hour	300
Bicycling (<10 mph)	290	Washing and waxing car, 45-60 min.	150
Dancing	330	Raking leaves, 1 hour	300
Golfing (walking with clubs)	330	Shoveling snow, 15 min.	150
Stretching	180	Washing floors, 45-60 min.	150

*Calorie counts are averages. The number of calories you burn depends on your activity level, gender, weight, and other factors.*

### 3 Diet Tips for Weight-Loss Success

- 1 Eat breakfast every day.** People who eat breakfast are less likely to overeat later in the day.
- 2 Keep a food log.** For at least a few days, write down every single thing you eat and how much. (You may be surprised at what you find written at the end of the day!)
- 3 Don't be upset if you "fall off the wagon."** Don't expect to be perfect as you work on changing the way you eat. It can take a while to develop new habits.

### Find more arthritis help with Keep Moving

Keep Moving has more weight-loss tips and other great ideas for reducing arthritis pain.



Visit [www.justkeepmoving.com](http://www.justkeepmoving.com) to learn more—and to order your **free pedometer and exercise DVD!**

<sup>‡</sup>Weight loss is recommended for individuals who are overweight.

\*When used as directed, **TYLENOL**® is the safest type of pain reliever you can take. Use **TYLENOL**® only as directed. Do not take **TYLENOL**® with other products containing acetaminophen.

This information is brought to you by the makers of **TYLENOL** ARTHRITIS PAIN. Feel better,