

## THREE EXERCISES TO KEEP YOUR JOINTS HEALTHY

1. Watch the first section of a video on how to keep your joints healthy <https://www.piedmont.org/living-better/three-exercises-to-strengthen-your-joints> and **make notes** on the following points:

- why joint health is important
- what joint injury can be caused by
- what you can do to make sure your joints are healthy and strong

2. Now watch it again paying special attention to the practical instructions in its second section where Paige Jones, an exercise physiologist at Piedmont Atlanta Fitness Center, presents three exercises to strengthen the muscles around the joints. **Complete the missing words** in his instructions (first letters have been given):

### A) Bodyweight squat

Protects: Knees, ankles and hips

- Start standing s.....-w..... a....., use a chair or a bench.
- Lower your hips down toward the bench or the chair, touch very lightly, and then keeping your knees and feet i..... l..... with one another return back to the s..... position.

### B) Assisted pull-up

Protects: Shoulders and elbows

- For the assisted pull-up, stand on the p..... of a pull-up machine and g..... the machine's h..... securely.
- Begin with your arms fully extended, a..... the w..... on the machine as needed and p..... all the way u..... until you shorten your joint angle.
- Remember to b..... normally as you perform the move.
- L..... all the way down to the starting position and then repeat.

### C) Push-up

Protects: Shoulders and elbows

- Start at the t..... of a push-up position with your hands on the floor shoulder-width apart, keeping your body in a s..... l..... being careful not to s..... your back.
- L..... your chest down t..... the floor, then e..... your arms and push back to the starting position.
- The m..... version is to do a push-up on your k..... or while standing, using a b..... or a wall.

Opracowanie mgr Joanna Mazur na podstawie:

Piedmont Healthcare, Three Exercises to Strengthen Your Joints, [dostęp 30.03.2020]. Dostępne w <https://www.piedmont.org/living-better/three-exercises-to-strengthen-your-joints>.

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