

Exercise Routine for Arthritis Management

Dear [Recipient's Name],

I hope this message finds you well. As part of our ongoing effort to support your health and well-being, I am pleased to share a personalized exercise routine that is gentle and effective for managing arthritis symptoms.

Daily Exercise Routine:

Warm-Up (5-10 minutes)

- Gentle neck stretches
- Shoulder rolls
- Wrist and finger stretches

Range of Motion Exercises (5-10 minutes)

- Seated leg extensions
- Ankle circles
- Hip flexor stretches

Strengthening Exercises (10-15 minutes)

- Wall push-ups
- Seated arm curls with light weights
- Leg lifts while seated

Cool Down (5 minutes)

- Deep breathing exercises
- Gentle stretching for all major muscle groups

Please remember to listen to your body and consult with your healthcare provider before starting any new exercise program. Adjust as necessary based on your comfort level.

Wishing you health and happiness,

[Your Name]

[Your Contact Information]