



## Your Physical Activity Routine

Hosts: Rebecca Gillett, MS OTR/L, and Julie Eller

Guest Speaker: Cedric Bryant, PhD, President & Chief Science Officer,  
American Council on Exercise

Making physical activity a regular habit can be a real challenge, even more so in our changed (and still changing) landscape of the COVID-19 pandemic, which has dominated our lives most of this year. In this podcast episode, we're talking about ways to start or restart everyday movement; movement that is good — and safe — for your body and your own abilities. That includes how to work movement into your already established daily routines and overcoming that "I just don't time" mindset many of us have. Plus, learn how to get motivated, how to find the right personal trainer if you need coaching, and what to look for in a safe gym membership, if that's your choice.

Cedric X. Bryant, PhD, FACSM, is the president and chief science officer for the American Council on Exercise (ACE). He stewards ACE's development of strategies to deliver exercise-science and behavior-change education in ways that are engaging and compelling, recruiting more people to become exercise professionals and health coaches and equipping them for growth in their respective fields. He leads ACE's exploration of how science-based programs and interventions appropriately integrate into health care and public health. Dr. Bryant earned both his doctorate in physiology and master's degree in exercise science from Pennsylvania State University.

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Episode 23: Your Physical Activity Routine  
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*PODCAST OPEN:*

Welcome to the Live Yes! With Arthritis Podcast, from the Arthritis Foundation. You may have arthritis, but it doesn't have you. Here, you'll learn things that can help you improve your life and turn No into Yes. This podcast is part of the Live Yes! Arthritis Network — a growing community of people like you who really care about conquering arthritis once and for all. Our hosts are arthritis patients Rebecca and Julie, and they are asking the questions you want answers to. Listen in.

Rebecca Gillett:

Welcome to the Live Yes! With Arthritis podcast. I'm Rebecca, an occupational therapist living with rheumatoid arthritis (RA) and osteoarthritis (OA).

Julie Eller: And I'm Julie, a JA patient who's passionate about making sure all patients have a voice.

*MUSIC BRIDGE*

Rebecca: So thanks for joining us on our episode today. We are excited to talk about physical activity and how it can help us in managing our arthritis pain and how to build that into your routine every day to make it a habit. I think it's not always easy to do. The weather is so great right now for me, that I'm getting outdoors more and have been on some hikes on the weekends and so it's difficult to try to find those times of day to get moving, but it's a perfect time of year to do it.

Julie: That's right. We know that 2020 has changed the landscape so much on how we exercise, where we exercise and when we exercise. We want to encourage you to follow the guidelines in your state so that you can exercise safely, the safest way for you. But we do want to talk about ways that we can get started in moving and adding in some movement into our day. And importantly, finding places to exercise safely for you and your body. That's why we're so excited to have our guest today, Dr. Cedrick Bryant.



Dr. Cedrick Bryant, the chief science officer at the American Council on Exercise. Dr. Bryant holds a PhD in physiology and a master's in exercise science. He is helping to advance A.C.E.'s vision and impact by staying at the forefront of applied physiological research, exercise training methods and health and fitness trends.

Rebecca:

Welcome to the podcast, Dr. Bryant. Thank you for joining us.

Cedric Bryant:

It is my pleasure, Rebecca. Thank you for having me.

Julie:

So we're gonna kick it off with just some questions about how we get and stay motivated to exercise. Um, and I wanna just pick your brain. How do we make sure that we're working hard enough when we're exercising? How do we measure intensity, heart rate, all of these metrics that are kind of confusing for us?

Cedric Bryant:

I think many people are confused as to how, how much and how hard and so forth. And one of the real reliable techniques is the simple talk test. It's, it's a great gauge for cardio exercise. and a real simple rule of thumb is you should be able to talk comfortably but not sing. And that really will put you in a, an a moderate dose of exercise, which will be very results producing. Now with regard to resistance training or strength training, you want to ideally select a load that feels somewhat or moderately heavy, that allows you to perform about eight to 15 repetitions of the given exercise movement while using proper form.

Julie:

I love a talk test. It sounds like I should be exercising with a partner though because I think if I'm talking to myself at the gym-

Cedric Bryant:



(laughs).

Julie:

... I it might sound like a crazy person (laughs).

Rebecca:

(laughs).

Cedric Bryant:

(laughs).

Rebecca:

Exercise with a buddy.

Julie:

Yeah.

Rebecca:

how long should the physical activity itself, uh, last?

Cedric Bryant :

Well, I believe one of the most significant updates in the most recent, uh, physical activity guidelines that were released in, 2018 is the clear demonstration that every minute of movement counts. any and all movement counts 'cause the benefits of physical activity are cumulative. some exercise is better than none while more is better than some. So wherever you are, start by just simply kind, kind of borrow the old abs from Nike rather than just do it, just move it.

Julie:

Just move it.

Rebecca:

So when we say just move it, I love that because it's, it's about moving your body and staying active is what you're saying, right?

Cedric Bryant:



Absolutely. exercise can be quite an intimidating notion for, for many people 'cause many people associate it with things that are, you know, painful, very challenging. And what we know is that all movement really results in either improvements in mobility, helping you to better manage your stress, helping you to improve cardiovascular function. So it really is just as simple as just moving it.

Julie:

So Cedric, can you walk me through what one minute of movement might look like?

Cedric Bryant:

one of the things that I try to encourage people to do is to look for ways to incorporate physical activity into your normal daily routines because, uh, it tends to, to be something that we can sustain over time. And actually the real secret is to adopt that activity and can maintain it over the course of one's lifetime. And so, for example, one of the things that I do is if I'm on a conference call, I've purchased a good quality headset so that I can move around and walk. I can do, knee bends. I can do arm circles, different types of mobility exercises while I'm talking on the phone. another way to incorporate movement is, um, during when you wake up in the morning is the, you know, first thing when you're going in say to brush your teeth, maybe do some deep knee bends or, or squats while you're brushing your teeth. So it's, it's all looking for ways to, uh, integrate movement into what you already do.

Julie:

And how do we make sure that the movements that we're doing in those minutes of, you know, movement are-

Cedric Bryant:

Mm-hmm (affirmative).

Julie:

... ones that count like knee bends and squats. How do we make sure that those are the right kind of movement versus, you know, something that might hurt our joints or something like that.

Cedric Bryant:



it's important to understand, your body and, and then being able to listen to your bodies correctly. And, and identifying what challenges that you have in terms of if you're a person who has, say knee osteoarthritis, you may have to limit how deeply you do your squats or your knee bends. And so it's really all about being in tune with making sure that you stay within a proper range of motion and that you maintain proper alignment and all of the things.

Cedric Bryant:

the Arthritis Foundation has it's Walk with Ease Program that can give people some guidance. On our website, we have an exercise library that demonstrates how to do exercises for all the various segments of the body

Rebecca:

Oh, that's great. And, and I think one of the terms that you use is physical activity snacks throughout your day. Is that right?

Cedric Bryant:

That is correct, yes. I love the notion of just finding little, little times and moments to, uh, be physically active because one of the things that I think any person and our society is, tends to be pretty time pressured. And one of the most frequently given reasons for why people don't engage in physical activity on a regular basis is a perceived lack of time. So I like the notion of let's just start with small snacks that are easy to incorporate, that are easily that digestible, if you will you know, a couple of minutes here, a couple of minutes there It all adds up over time.

Rebecca:

Yeah. As an OT, that's one of the things that I recommend and try to tell other OTs and PTs to teach patients with arthritis is build it into a routine because then it becomes a habit and then you're just doing it every day. One of the things that I do every morning, is I wake up and I do some range of motion and stretches while I'm still laying down, before I even set up at the edge of the bed.

Julie:

Stretch out.

Rebecca:



Because if I-

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:

... don't stretch out my calves and my legs and my hips, it is harder for me to stand up on the side of the bed. And then when I get in the shower, I am doing some shoulder range of motion under that hot shower and that feels so good. And so I just kind of do that as part of my routine. And I think once you start building that, um, you're getting physical activity.

Cedric Bryant:

That's absolutely correct. And I, I, I think on one of your previous podcasts I heard you talk about having your dance parties, which I think is established-

Julie:

(laughs).

Cedric Bryant:

... which I think is awesome because to me what that, what that suggests is that you're having fun and enjoying that movement experience as well, which I think is critical.

Julie:

Yeah, that's absolutely right. And I really like to start my morning in that joyful movement space. And one of the things that I think is intimidating about minutes of motion snacks and movement snacks is I don't necessarily know how to do a proper squat or a proper jumping jack or calf raise or something like that. And I often think to myself, well, yes, there are online available all over the place that I can kind of watch. But I want someone to look at what I'm doing and correct when I'm doing it wrong and help guide me and teach me and how I can do that. What kind of resources exist in the world that I could find someone to give me that one on one support?

Cedric Bryant:



Well, you could certainly find an appropriately trained and certified personal trainer to make sure that, um, your exercise routine is designed properly, that you perform the exercises properly. you really want to look for someone who has a certification, that's been accredited by the National Commission for Certifying Agencies.

Cedric Bryant:

And then regarding experience, I think you want to find someone who was familiar with clients who have profiles similar to yourself. So if you're an individual and impact of arthritis, ideally you wanna find a trainer who has, uh, experienced in working with individuals impacted by arthritis.

Cedric Bryant:

check for that there's a good personality fit. Because it's, it's called personal training for a reason and that you have to be able-

Rebecca:

Mm.

Cedric Bryant:

... to establish a personal connection between the client and the, the trainer. And, and also I think it's important to make sure that the trainer that you're working with, understands that it should be client first, trainer second in terms of how the relationship is managed.

Cedric Bryant:

they need to really have good active listening skills to understand what your needs, desires are. And make sure that they're focusing on how they can guide you to accomplish what you want, And make sure that your trainer has liability insurance in the event that something unexpected should occur, that they have appropriate coverage so that you are covered. the last thing is make sure that you have a detailed discussion around their fees, their cancellation policies.

Rebecca:

Wow. Those are some really great tips. I, I really love that.

Julie:





Yeah.

Rebecca:  
my favorite nugget in there-

Julie:  
(laughs).

Rebecca:  
... is that it's patient client-centered and it's-

Cedric Bryant:  
Absolutely.

Rebecca:  
... true. And, and also having that relationship that you are comfortable enough.  
You wanna have somebody who can really understand the disease process of  
arthritis-

Cedric Bryant:  
Exactly.

Julie:  
Mm.

Rebecca:  
... no matter what type that you have.

Julie:  
I want somebody in a training situation to be able to look at me and say, "I can  
tell that you're hurting even though you won't say-

Rebecca:  
Yes.

Julie:



... it out loud."

Rebecca:

just being able to have that open, honest conversation about-

Julie:

Yeah.

Rebecca:

... you know what? This doesn't feel good and it's not really working. And then having someone who can actually help you adjust and adapt.

Julie:

Right. I have one more question about personal trainers.

Cedric Bryant:

Sure.

Julie:

what does that relationship look like and how long should I think about setting up a relationship with a trainer? Is it one session that I work with them? Is it six? Is it a year?

Cedric Bryant:

that is an excellent question. If you're relatively experienced and you just have some questions regarding some exercises and you're looking kind of for tune up, then maybe it's just on- on- one session to help you answer those questions.

Cedric Bryant:

But if you're relatively new, when you want some guidance and setting up your program and, and perhaps, um, providing some external sources of motivation, then you might work with the trainer, uh, a couple times a week over a, over a period of, you know, eight to 10 to 12 weeks. But you really want to make sure that that trainer is looking to give you the necessary instructions and tools and capabilities to graduate, to being able to feel confident enough to train on your own. And then how the relationship will change is that if you need to come



back in for say, checkup or tune up, you might do that periodically. But at some point you should be working with the trainer who's looking to graduate you toward independence.

Rebecca:

So one of the things that can be intimidating too, so people want to be become more physically active and get started and there's so many different types of gyms that you could join and some people feel like that's something they need to-

Julie :

Mm-hmm (affirmative).

Rebecca:

... do or want to do. Can you provide some tips on selecting the right type of facility?

Cedric Bryant:

probably the most important consideration is location. 'Cause there's been quite a body of research to suggest that if it's more than four or five miles from someplace that you are frequently, um, finding yourself, whether it's near your home or near where you work, the odds of you going on a regular basis diminish greatly. And so I'd say location, is extraordinarily important.

Cedric Bryant:

look at the time in which you plan to go to work out and see how crowded it is when you plan to work out. See if that, if that's an environment that you would feel comfortable in. look at the culture of the gym in terms of, uh, paying attention to the other members and see if, it's an environment which you'd find yourself, uh, comfortable working out in. Or is it, you know, body beautiful, which you, you may not find yourself.

Cedric Bryant:

pay attention to the equipment. Is there, um, a good variety of equipment? And if you have ideas in terms of what types of, uh, exercises you like, make sure that there's, um, you know, a, a good enough, uh, quantity of that equipment in



exercises that you like. And then also check to make sure that all the equipment is well maintained

Cedric Bryant:

And then finally before you commit, ask for a trial membership or some guest passes so you can actually, uh, kinda test it out or kick the tires if you will, before you make your commitment. And, and one final thing is make sure that you read the contract carefully

Rebecca:

The contract piece is important too. Um, I actually just experienced this a new gym opened up that focuses on rowing, which I love to do. I was really concerned about paying a membership if that wasn't gonna end up being something, um, good for me.

They had me come try out. I did have to kind of pay that first month membership. But then I spoke to the, the general manager and said, "You know, I have these health issues. I'm really not sure if this is the right thing." And he's like, "How about you just try a month of classes, if you find that you're hurting more or it's too intense, then I will refund you the money. I can't hold-

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:

... anything against you. because of, any of the issues you might have and I wouldn't want you to cause yourself more more pain. I want this to be an enjoyable experience for you." And I appreciate the fact that he was open to that. Not a lot of places are gonna be that way and you have to have that conversation.

Cedric Bryant:

I think it's important for, um, listeners to this podcast I think it's essential that you understand that the contract allows you to have that, that graceful exit where you're not on the hook for, you know, extended, payments for a service that you're physically not able to take advantage of.

And it turned out that I didn't join, I, I actually did a class. I did find that, uh, my shoulders hurt more after, um, doing the first class I took, it was-



Julie:

Mm.

Rebecca:

... more intense rowing class and so they still hurt the next day. And so that was a sign to me that probably not the best choice for me. Um, my wrist hurt right away, but that kind of went away after a couple hours.

Julie:

Mm.

Rebecca:

... I didn't even really go to another class after that because I thought, overall this is probably not the best fit for me. And I got my money back. So it was great.

Julie:

Yeah, and I think that's one of the most difficult parts about really joining a gym or, or identifying the right classes, giving yourself the permission to be vulnerable with the-

Cedric Bryant:

Mm-hmm (affirmative).

Julie:

... instructor or the manager ahead of time and having that conversation. Rebecca, if you could share a little bit about how you framed that conversation when you approached them and then Cedric, if you can share about like what you would look like, look for in a conversation from a client when they're raising some of those concerns for you and how you might respond. I think that'd be helpful for our listeners.

I called before I came and I said, "I have rheumatoid arthritis, I have osteoarthritis, my spine's fused and my wrists. So I'm a little concerned about whether or not this is gonna be an appropriate place for me to come regularly." that's when he said, "You know, let's give it a try and if it doesn't work out for you,



I will refund your money because you know, clearly you have health issues and I'm not gonna hold your health issues against you-

Cedric Bryant:

in terms of the response on the part of the, facility operator are exactly what I would hope for. that's really how a professional should respond in the situation. But I think a real important nugget for your listeners to capture is your ability to listen to your body's feedback. Because one of the things that many people aren't as attuned to is that, you know, following a workout. if I'm experiencing pain and discomfort and it's persisting, I probably need to think about doing something differently. Whether it's, you know, reduce, reducing its intensity, changing your range of motion, or simply, it may not be the exercise fit for me.

Rebecca:

Yeah, and I think part of that too as well. I'm an OT, so I kind of know-

Julie:

(laughs).

Rebecca:

... that.

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:

But I teach that to other people too. And there in lies a good reason to actually start with an OT or a PT. So I have braces that I wear on my wrist.

I usually wear my wrist braces as a preventative measure to avoid pain if I'm doing something and I know I'm gonna cause more strain on my hands and my wrists. And so knowing how to protect my body when I do engage in physical activity is such an important piece.

Cedric Bryant:

Mm-hmm (affirmative).



Rebecca:

And, and I think that's one of the things that people, if you understand how to protect your body, then you know, what is this pain from-

Julie:

Right.

Rebecca:

... exercising or is this joint pain 'cause I'm doing it the wrong way.

Julie:

Yeah. And I think that that speaks also to Cedric's point about finding a gym space where the community is really welcoming to you.

Cedric Bryant:

Yes.

Julie:

To being a really important factor because in the same way that I might feel embarrassed talking to myself to do a talk test and figuring out if this is the right intensity. I also sometimes feel embarrassed when I show up wearing my knee brace and my ankle brace and my wrist protection, right? So finding a place that's gonna say, "Hey, good for you for doing that." Rather than, "Oh look at her, what's she up to?" That's, uh, a really important culture fit kind of metric for me.

Cedric Bryant:

absolutely. You want that culture to be one, one that's welcoming and encouraging and, and inclusive.

Julie:

I would imagine that maybe working with a personal trainer can help you identify that right gym without having to do it all on your own.

Cedric Bryant:



that is another, service that the personal trainer can provide. they can give you guidance in terms of what, what would be a good facility fit for you. Because trainers know the cultures, of the different gyms in your area. that's an excellent suggestion.

Julie:

it's fair to say then that you can work with a personal trainer to get started-

Cedric Bryant:

That's it.

Julie:

... and then graduate into a gym membership. That they might even help you select.

Cedric Bryant:

Exactly, yes.

Julie: It's important to follow the guidelines in your local community to find a gym or a workout facility that is safe during the age of COVID. And it's important to know your own personal safety needs and limitations. It might not be right to start working out in a gym right now, but when the time comes, and we are in a space where it's safe and healthy for you to workout in a community space, certainly refer to some of these guidelines for finding a gym that works best for you.

Rebecca: There are so many new opportunities to participate in physical activity virtually. So many people offering free trials or classes online for free to get some videos. And so, if that is a way for you to get in physical activity that makes you feel safer, then we encourage you to do that. The most important thing we encourage you to do is to move, move your body.

Julie: Just move it. Just move it.

PROMO: Podcast feedback survey

Rebecca:





So can you provide our listeners some tips on how to stay motivated to maintain, a physically active lifestyle. Understanding that and like understanding the difference between motivation and discipline.

Cedric Bryant:

First and foremost is kind of review your why for wanting to become physically active in the first place. beyond just some of the typical goals in terms of wanting to get in shape or wanting to lose weight. But to things like managing pain for a purpose so that you can be able to move more, have better function. So you can enjoy more active times with your grandchildren as an example. that deeper why will serve as a much more sustainable hook for keeping you in the game.

I think the other thing too is to focus on small victories. And you know, just, just moving it and doing something, kinda focusing on the process in some of the early changes that can occur that I think people tend to ignore. do I better handle the stress of, of my daily life by engaging in physical activity on a regular basis? Is my mood better? Is my attitude better? Do I sleep better? All those things occur pretty quickly during that experience.

Whereas things like, getting stronger, lifting more weight, losing weight and so forth tend to take more time. And rather than trying to rely on discipline and willpower, I like to encourage people to focus on habit formation.

During commercial breaks, you can march in place to incorporate more activity. After your morning coffee say that I'm going to do 10 body weight squats or, 10 counter pushups. look at the different things that occur in your life. When, when the phone rings, I, after I finish that conversation, I'm going to get up and dance for two minutes. And so just really try to link a new habit with something that routinely occurs in my life as a way to kind of keep you being active, rather than relying on discipline and willpower, focus on forming habits.

Rebecca:

Yeah. And that building it into your routine and making it habitual is the really important piece because then you're just doing it. one of the stories I love to share is my dad. My dad walked a lot for his job and then when he-

Cedric Bryant:



Mm-hmm (affirmative).

Rebecca:

... retired. He has this daily routine, which I find super endearing. He jogs while his coffee is brewing... and I just think it's hysterical. He jogs around the living room, around the coffee table the entire time his coffee's brewing instead of just sitting there, he jogs. And it's so habitual that he does it when he comes to visit me in Colorado. He does it when he's visiting my sister, he's always the first one up. He makes the coffee, coffee's brewing, I jog. That's his tie in together. It's great.

Cedric Bryant:

bravo to your dad. He-

Julie:

(laughs).

Cedric Bryant:

... he is, the perfect role model. I mean that's really what it's about is, is, is looking for ways to incorporate th- those snacks of activity into our lives. And, and if you think about it, it, it adds up over time to where I'm sure your dad is probably, you know, getting in 20 to 30 minutes of activity just by being creative.

Rebecca:

Yeah. And, he'll be 73 and uh, so he's doing this every, every day.

Julie:

Yeah.

Rebecca:

Every day. I, I love that.

Cedric Bryant:

That's, that's fantastic.

Julie:



And I think the thing that's really endearing to your dad's story from my perspective is that it's really about finding movement that's joyful for him. He loved walking-

Cedric Bryant:

Mm-hmm (affirmative).

Julie:

... in his career. He's gonna jog while he does his coffee. He's gonna continue that thing that's joyful and fun. Um, I think we all have those and it's just a matter of figuring out how to bake them into our day a little bit differently.

Cedric Bryant:

And that's why I do think it's important to experiment with different activities so you can find those things that, that you find joyful and that you like. oftentimes people don't experiment enough with different things. And so I like it to recommend that people, you know, try, try a, uh, a class at, at, at the local rep center, whether it's, uh, a swing dancing class. Try a variety of, of moving activities until you kind of find that thing that really floats your boat. Because there, there is something out there for all of us.

Julie:

Love it. Thank you, yeah.

LIVE YES! INSIGHTS PROMO

Rebecca:

So for this podcast, Cedric, you gave us a little bit of homework, which is kind of fun.

Julie:

(laughs).

Rebecca: You sent us an article about adding physical activity to your day. So can you tell our listeners a little bit about what is in that article so we can talk about it?



Cedric Bryant:

Well, that article focused on how, can one incorporate more physical activity kind of in your normal work day. It depicted a, a number of activities that one can do in, in the work environment while working at a, at a standing desk to doing a variety of exercises using um, your office table to using a, medicine ball or exercise ball for your chair so you can kind of work on developing a core, core strength and stability.

It also talked about things like setting an alarm periodically to cue you that you've perhaps been inactive too long and so you'll go and do a couple of minutes of, activities kind of a, a break or a snack. And so it was all things that were aimed at getting you to just to be more mindful about being intentional and purposeful in breaking up what tends to be a very inactive period of time for most of us and that is the workplace. And turning it into a more active experience.

Rebecca:

Yeah. So it was kind of fun to do some of that. I actually do have a sit stand desk. So I did-

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:

... try to we are on a lot of phone calls-

Julie:

Yeah.

Rebecca:

... for work-

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:



... I'm definitely on the phone more. And so I've been alternating meetings. So if I have a nine o'clock meeting I will stand up for that one. And then the next meeting I have I'll sit down. So that has been really great to try to do. But one of the things I've been trying to do now is well that you had in the article you sent us, uh, is the calf raises while I'm-

Cedric Bryant:

Mm-hmm (affirmative).

Rebecca:

... standing. So I, I was standing, I kind of stopped standing as much as I was, but now I'm definitely alternating standing with my meetings. I've included some of those calf raises and I think it feels, it feels so much better like to, to do that, uh, at the end of the day. I don't feel like my lower back is hurting as much from doing some of those things and my, my hips and my-

Julie:

Yeah.

Rebecca:

... you know, just that-

Julie:

Yeah.

Rebecca:

... posture-

Cedric Bryant:

Mm-hmm (affirmative),

Rebecca:

... we take when we're sitting. So thanks for giving us a little bit of homework.

Julie:

(laughs).



Rebecca:

Um, and the marching in place too, although I have to make sure that I'm not the one talking that you're muted-

Julie:

(laughs).

Rebecca:

... during marching phase (laughs).

Cedric Bryant:

(laughs). Now that's a-

Rebecca:

That's all right.

Cedric Bryant:

... good practical tip. But, but one of the things that you touched upon I think is important 'cause oftentimes people have this more is better mentality. And so if we talk about, for example, using a sit to stand desk, people think, well geez, if I stand all day, that's the best. And that really is not, you really need to intersperse sitting with standing because to stand all day is, is very, very difficult. It's kind of everything in moderation. Mixing it up so that you are kind of sitting and standing, at different intervals.

Julie:

I think that's great. Cedric, thank you so much for this conversation. It's been really, really helpful to think about how to have a gateway in to real physical activity. If you wanted to leave our listeners with one or two of your favorite key takeaways that you want them to leave, uh, really incorporating into their life, what would that be?

Cedric Bryant:

Okay. The first, first and foremost is to focus on progress and not perfection. You know, just remember-



Julie:

Oh, I love that.

Cedric Bryant:

just ordinary things done repeatedly lead to extraordinary results. So just a little bit better each day is really, I think the mantra that I, that I hope that most people would adopt. And then, learn to listen to your bodies. And then lastly, you look for every opportunity to move.

Julie:

Every opportunity to move.

Rebecca:

Just move it.

Julie:

Just move it.

Cedric Bryant:

Exactly.

Julie:

(laughs).

Rebecca:

Thank you so much, Cedric.

Cedric Bryant:

It was absolutely my pleasure. thank you for, for what you do, uh, for individuals impacted with various forms of arthritis. I think it's the wonderful service you provide.

Julie:

Oh, thank you very much.



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