



Keep Moving at Home

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

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

Staying physically active from home during the COVID-19 pandemic can be tough – especially if you're used to hitting the gym or a group workout with friends. The disconnection and disruption from regular routines themselves can create hurdles to keep moving. In this episode, our hosts – both of whom live with arthritis – and our expert, Cedric Bryant, PhD, president and chief science officer for the American Council on Exercise (ACE), share clever tips and insights on how to keep working out from the safety and comfort of your home and neighborhood. It's not always easy, but it can be done, and the rewards are well worth the efforts. Tune in to hear more.

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.

Additional resources:

Related [Live Yes! With Arthritis Podcast](#) episodes: [Physical Activity](#), [The Many Benefits of Walking](#).

Learn more and sign up for the [Walk With Ease Program](#) to take the first step in making walking part of your routine.

Your Exercise Solution – The YES Tool App: Get personalized modifications to exercises based on your arthritis pain. [Get started here.](#)

Visit [arthritis.org](#) for many tips, tricks and articles on getting moving with arthritis, such as [How to Exercise From Your Couch](#) and [Seven Mental Tricks to Get You Moving With Arthritis](#), as well as the latest on COVID-19 and arthritis at our [Care & Connect resource center](#).

Visit the [Centers for Disease Control and Prevention's website](#) for the latest updates on the coronavirus.

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Arthritis Keep Moving at Home Episode #17 – July 7, 2020

PODCAST OPEN:

Welcome to 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 (new from Ep 16):

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

Julie Eller:

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

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Rebecca Gillett ([00:00](#)):

Thanks for tuning in. Today, we're talking about how to keep moving while you're at home during this pandemic.

Julie ([00:07](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([00:08](#)):

So I don't know, it was really hard to do in the beginning. I think everybody, I felt frozen. (laughing) Like I wasn't, you know, the whole world went upside down and it was hard to get moving-

Julie ([00:41](#)):

Yeah. I think that disruption of routine is kind of the central theme of how to get moving, and how to make moving a part of your life in quarantine or non-quarantine, depending on the state that you live in, and the risk that you and your family have. Um, I know that I'm kind of re confronting this now

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because I'm back in DC. And so I'm really glad to talk with Cedric today. Cedric Bryant, he is the president and chief science officer of the American Council on Exercise. And he's going to help us really understand what we can do safely from home, what we can do safely outside, (laughs) how we can get moving, and how we can do it, well.

Julie ([01:19](#)):

he stewards the 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.

Julie ([01:41](#)):

And he's the perfect person to help us digest how to get moving and how to stay moving during this public health crisis. So with that, thanks so much for joining us, Cedric.

Rebecca Gillett ([02:01](#)):

So Cedric, thank you for joining us on the podcast. Your expertise is immense. this pandemic has really forced us to stay home more, work home for more, even school our kids from home, and even exercise from home, which for some might not have been their go to.

Julie ([02:30](#)):

Yeah.

Rebecca Gillett ([02:39](#)):

why is it so important to maintain physical activity when you have arthritis?

Cedric Bryant ([02:46](#)):

Well, there, there are several reasons why it's important. And it really it's, it's essential. first and foremost, by maintaining an active lifestyle when you're impacted by, um, arthritis, is that it helps with, uh, your mobility,

Cedric Bryant ([03:11](#)):

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Uh, it helps you to maintain your, your strength. It helps you to maintain your overall functional capabilities, but they also help to reduce your risk, um, for a variety of, of chronic conditions and illnesses. And when you think about the current pandemic that we're in, we know that individuals who are impacted by a variety of these chronic health conditions, uh, should they become infected, they tend not to fare as well.

Cedric Bryant ([03:42](#)):

So there, there are just a host of reasons why it, uh, would behoove individuals to try to maintain a, uh, an active lifestyle during this time.

Julie ([03:53](#)):

how important is it to maintain physical activity, but also how much physical activity is needed each day. And does that shift at all with the pandemic? (laughs)

Cedric Bryant ([04:07](#)):

Sure, that's, that's a great question, Julie. And, and one thing I'd like to also add in terms of another why physical activity is so important. emotionally and psychologically.

Cedric Bryant ([04:40](#)):

things that people might be experiencing in terms of anxiety and depression.

Cedric Bryant ([05:19](#)):

there's just a lot of balls, additional balls that we're juggling and we already were pretty, um, you know, time pressured society to begin with. I think the thing is, is that kind of at least hitting the minimum threshold that's recommended, you know, in terms of the, the 30 minutes on most days, um, in terms of, uh, you know, accumulating to about 150 minutes per week, but, understanding that that can be it's accumulated.

Cedric Bryant ([05:53](#)):

So, it doesn't have to occur in one block of time. And I think cheaply during this stay at home period, it's nice to kind of think about breaking your day up into blocks, if you will, and try to commit to

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getting some, um, amount of physical activity in each block. I kind of try to break my day, um, you know, up into a couple of hour blocks, and within each of those blocks to make sure that I'm trying to be intentional about scheduling in some physical activity.

Julie ([06:43](#)):

I'm glad you talked about routine disruption. In my, like in my life before coronavirus, I would get about 30 minutes of exercise in every day, Monday through Friday, because I would walk to work. And it wasn't a long walk-

Cedric Bryant ([06:57](#)):

Right.

Julie ([06:58](#)):

... it was a 15 minute walk or a 10 minute walk if I was going really quickly and then a five minute walk to get a cup of coffee at some point during the day, but I've lost that entirely.

Cedric Bryant ([07:07](#)):

Mm-hmm (affirmative).

Julie ([07:07](#)):

I've lost that, that walking behavior, that's just organically a part of my day.

Julie ([07:12](#)):

I'm in Washington DC, and walking, um, my city blocks is okay, but it's not comfortable to wear a mask and walk outdoors.

Cedric Bryant ([07:25](#)):

Mm-hmm (affirmative).

Julie ([07:26](#)):

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I live in a small apartment. Um, so our living room has become my office and also our relaxation zone and also our exercises zone, and also the place that we eat some meals in front of the TV and like it just the everything room.

Cedric Bryant ([07:38](#)):

Right.

Julie ([07:39](#)):

do you have recommendations for people who live in cities specifically as they tackle this? (laughs)

Cedric Bryant ([07:53](#)):

Sure. And, and yours is a very relevant and real point for, I think a lot of folks, Julie, and that's why I suggest trying to, trying to kind of break up your day into blocks your segments. where you can be physically active, where you can just have some me time to kind of focus on your self care and wellbeing.

Cedric Bryant ([08:27](#)):

there are a lot of activity options. There might be a, a time to go through your own little routine. 'Cause there are a lot of resources on some reputable websites like the Osteoarthritis Action Alliance. They have some recommendations in terms of things that you can do and using household items to work on your strength, your flexibility, your balance, your mobility.

Cedric Bryant ([09:09](#)):

We have a lot of resources on our, on our website, um, on the, the acefitness.org. it has a variety of resources you can link to in terms of, uh, either, you know, podcasts, videos, blogs that give you tips on how to use household items, whether it's, you know, um, milk jugs, uh, laundry detergent, containers, um, cans of, uh, of vegetable and soup, uh, uh, paper plates to, to use as, as sliders, you know, how to use your wall to do, you know, pushups and squats and so forth.

Rebecca Gillett ([10:18](#)):

We have our yes tool where if you have a specific joint issue-

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Cedric Bryant ([10:31](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([10:31](#)):

... um, you put that in and it'll give you some ideas on how you can move that joint in, um, uh, exercise. And we have, uh, our recent podcast guest, actually, Cindy Sank did a chair yoga-

Cedric Bryant ([10:44](#)):

Nice.

Rebecca Gillett ([10:45](#)):

... demonstration, and that we have that video online. But there are lots of little things that we can do at home.

Cedric Bryant ([10:53](#)):

Yeah.

every time I go, um, you know, eat lunch or get a snack or get a drink and refill, um, I'm going up and down those stairs. So, I am building that in, there have been times in this COVID era, where I have been working so much that I don't leave my office, and my husband and my son bring me everything.

Rebecca Gillett ([11:36](#)):

In the first couple of months, I was like, you know, I took, you know, I did. I'm like, oh yeah, sure. Thank you, thank you, thank you. And then in the last couple of months, in the last month or so I'm like, no, stop, thank you. I need to come downstairs.

Cedric Bryant ([11:47](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([11:47](#)):

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I need to move. Like I feel like I've just been sitting here working for a couple months straight. I think that's one of the things that makes it hard for people who aren't used to working at home.

Cedric Bryant ([11:57](#)):

Mm-hmm (affirmative).

Julie ([11:57](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([11:57](#)):

How do I build in more movement in my day? And one simple thing, right? Sit stand-

Cedric Bryant ([12:03](#)):

Yeah.

Rebecca Gillett ([12:03](#)):

... go take a break.

Cedric Bryant ([12:04](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([12:05](#)):

Stop looking at that screen.

Julie ([12:06](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([12:06](#)):

And walk around the room or a march in place or do some stretches while you stand on a, on a phone call.

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Cedric Bryant ([12:30](#)):

Oh, Rebecca, I think there, there's a real key nugget in, what you use to describe your own experience in that how you have begun to link physical activity to your normal kind of daily life routine in terms of looking, looking to incorporate those opportunities to take the stairs as opposed to relying on your family while it's wonderful-

Julie ([12:59](#)):

(laughing)

Cedric Bryant ([13:00](#)):

... to have that family support. But relying on your family to bring you things when you need them, but to really, um, put the discipline in place where you look at that as an opportunity to sneak in some physical activity. I think of those as I call those activities snacks. that that's the beauty of the guidelines is that it doesn't have to be this, you know, set aside structured time where I'm gonna exercise, I'm gonna be physically active, but look for ways to introduce these little activity breaks throughout the day and link it as much as possible to things that you do routinely.

Cedric Bryant ([13:38](#)):

So for example, if I'm sitting and watching my favorite television program, like for me, it would be a, it'd be, you know, some type of, you know, sporting event. Unfortunately it would be-

Julie ([13:48](#)):

Not right now. (laughing)

Rebecca Gillett ([13:49](#)):

Yeah.

Cedric Bryant ([13:51](#)):

But I, you know, you still watch, you know, some of the repeats and the reruns.

Rebecca Gillett ([13:54](#)):

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Mm-hmm (affirmative).

Cedric Bryant ([13:54](#)):

And so, um, take advantage of the commercial breaks and, and, and come up with your own kind of little routine during the commercial break, you know.

Rebecca Gillett ([14:02](#)):

Mm-hmm (affirmative).

Cedric Bryant ([14:02](#)):

It might be where, you know, for the first commercial I'm gonna, I'm gonna balance on one leg for 30 seconds, switch and balance on the other leg for 30 seconds. The second commercial it might be, I'm gonna do, um, you know, 10 wall pushups, for the next commercial, it might be, I'm gonna march in place. But look for ways to link and incorporate activity into the things that you're already normally doing. So then it, it just becomes the natural byproduct.

Rebecca Gillett ([14:32](#)):

Yeah, that's right. I think you, you sound like an OT. So I'm going to put my OT hat on and say-

Julie ([14:38](#)):

(laughing)

Rebecca Gillett ([14:39](#)):

What's made this whole transition for all of us difficult is that we've had to establish a new routine.

Cedric Bryant ([14:48](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([14:49](#)):

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And as an OT, that's what we work on with people, is how to build that routine into your day and adapt your day to what works for you to stay healthy.

Cedric Bryant ([14:59](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([14:59](#)):

And so I have a new routine that I just started about a week and a half ago, I get up, I get dressed, I drink a glass of water, I make my coffee. And while my coffee is brewing now, I go on a walk.

Cedric Bryant ([15:12](#)):

Super.

Rebecca Gillett ([15:13](#)):

And most days my husband's coming with me. Um, I have some pain in my right foot that isn't going away. So some days we're walking a little longer than others, but I start my day off with a glass of water and a walk. And I've been doing it every morning, except for when it rained. Um, and it feels good.

Cedric Bryant ([15:32](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([15:32](#)):

Um, and I'll be the first to admit that when I first wake up, I don't always feel good and I have pain, and I'm not saying that I'm doing this pain for you guys. My low back hurts, my foot hurts, I'm still walking and I'm making myself do it. And once I get out there, it's not as hot. And I, you know, I'm in Colorado and it gets super hot in the day. And so early morning and evening are the best times to go, but it's now my routine. And I'm almost hitting that two week mark.

Cedric Bryant ([16:12](#)):

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And Rebecca, I think there's, again, some wonderful nuggets in what you just articulated in that. Um, you are listening to your body for one, um, in terms of on those days when, when your foot is not feeling as well, you don't walk as long. And that that's just a real practical, very smart thing to do. You're also taking into account, um, as we move into the summertime, the impact of the environment on how safe and how pleasurable the exercise experience might be. Where you're trying to get your outdoor activity in before it becomes too warm.

Cedric Bryant ([16:48](#)):

if we just take a little time to be a little thoughtful and intentional, I think most of us can find ways to, to be active, to do it safely and to do it enjoyably. And, and that's really what it's about is kind of finding that, that, that thing or things that you find enjoyable enough that you'll stick with it. Because what's the number one reason people say that they don't exercise under normal conditions. They don't have the time to, that's probably not that true, (laughs) in our current period of, of shelter and stay at home.

Rebecca Gillett ([17:27](#)):

Yeah.

Cedric Bryant ([17:28](#)):

yet people are still having difficulty exercising. And I would, I would, um, assert that because they haven't either found the activities that are enjoyable enough for them to commit to doing them, or they haven't seen the value in doing so.

Cedric Bryant ([17:44](#)):

I would suspect that most people would report that they, they feel better mentally and emotionally, they feel better in terms of having, you know, more, more mobility and, and functionality. And so we can get people to start thinking about the, the how in terms of how they feel as opposed to how much, how long, how good I look-

Rebecca Gillett ([18:20](#)):

Mm-hmm (affirmative).

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Cedric Bryant ([18:21](#)):

... um, that it'll help give them, I think, um, those, those, um, motivations and positive feedbacks to stay in the game, if you will.

Julie ([18:29](#)):

Yeah. And I think a lot of it comes down to being curious about those things, right?

Cedric Bryant ([18:34](#)):

Mm-hmm (affirmative).

Julie ([18:34](#)):

Being curious about how your body might feel, if you do move a little bit and being curious about how well you might sleep that night. (laughs)

Julie ([18:44](#)):

my boyfriend and I spent a lot of our quarantine time with family in Tennessee. And in Tennessee where we were living, there was really easy foot paths and trails, and it was great to go and beyond them. And it was comfortable.

Cedric Bryant ([18:58](#)):

Mm-hmm (affirmative).

Julie ([18:58](#)):

We could get out in the morning before the day got too hot, like Rebecca was saying.

Cedric Bryant ([19:01](#)):

Yeah.

Julie ([19:02](#)):

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Um, and you didn't see a whole lot of people. So you could have your mask with you, but you didn't have to wear it the whole time. In DC where I'm at now, um, we're returning to a lot of people on the streets, hot humidity, humidity all the time and a requirement to wear that mask everywhere you go. Which I am firmly in favor of yay for public health.

Cedric Bryant ([19:24](#)):

Yeah.

we've been trying to end our days with 10 minutes of yoga stretches.

Cedric Bryant ([19:38](#)):

Nice.

Julie ([19:38](#)):

And it's just, 'cause we're sitting at that desk all day, that cat and cow exercise, the plank exercise. We don't have any equipment here. We don't have anything fancy and we don't have a lot of space, but we can do those little things. And they have been really helpful. They've been really helpful.

Cedric Bryant ([19:57](#)):

Gosh, I'd say between the two of you, you really don't need me here because-

Julie ([19:59](#)):

(laughing)

Cedric Bryant ([20:01](#)):

... you're giving tips, you're giving such great, you're giving great advice.

there's like a lot of powerful things that you said there as well in terms of recognizing that, for many of us, we are on these screens and we are embodied postures and so forth, that we need to address. So the way you're ending your day with the 10 minutes with that, that is, that is this magnificent,

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Cedric Bryant ([20:35](#)):

one thing about the mask that I, that I do think is important for your listeners to understand is that, um, wearing the face covering, which from a public health perspective, I believe being a good citizen.

Julie ([20:48](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([20:48](#)):

Yes.

Cedric Bryant ([20:49](#)):

And, um, one thing you need to recognize as it relates to physical activity is that because the face covering is going to add some airway resistance that you are going to need to reduce your intensity level below what you're normally accustomed to.

Rebecca Gillett ([21:07](#)):

Right.

Julie ([21:07](#)):

Right.

Cedric Bryant ([21:07](#)):

'cause it is going to be more challenging, both, both perceptually and physiologically. So you need to, to tone it down a little bit while wearing the mask, but you're still getting all the benefits. And it'll be a more pleasant experience than trying to push yourself to reach whatever levels you're accustomed to exercising at.

Julie ([21:29](#)):

I think that's a really essential thing to hear that, you know, don't go as hard, go as hard as you're able to in your current environment. And that environment includes mask. It includes mask.

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Cedric Bryant ([21:42](#)):

Exactly.

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PROMO**

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Julie ([21:50](#)):

What are some of the other things that you have seen emerging during this pandemic time?

Cedric Bryant ([21:56](#)):

Well, I think, um, the, the one thing, all of the, the basic recommendations that the CDC is providing in terms of the, you know, face coverings, you know, hand, hand-washing, social distancing, um, in terms of, you know, maintain that, that, that speed of distance and so forth. It's not either or when it comes to those things. It's both and is, is that you need to wear the space covering, maintain the social distancing, that's what provides the greatest overall protection and guarding against the likelihood of transmission.

Cedric Bryant ([22:32](#)):

I think you just have to remain mindful and thoughtful when you're out.

Cedric Bryant ([23:03](#)):

And the one thing you do have to be aware of is that as the mask becomes saturated its level of protection and guarding against transmission declines. And so if you're going to do a really long workout, um, although it's, it's not the most convenient and even the most practical with some certain people, you may want to, you know, have an additional space carving that, that you could change kind of midway through that workout. If, if, if your mask is becoming overly saturated.

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Julie ([23:35](#)):

That's a really good tip, I can see it.

Cedric Bryant ([23:36](#)):

And be careful when, when you, when you're changing it to, uh, not touch the area that saturated-

Julie ([23:43](#)):

okay.

Cedric Bryant ([23:44](#)):

remove it from around your ears and, and, and have a, have a plastic baggy where you can properly, uh, contain it until you're able to get home and wash it.

Julie ([23:57](#)):

I really appreciate that advice.

Julie ([24:13](#)):

it's hard to know what that practical advice is. How do you wear a mask safely when you're exercising? What does that look like?

Cedric Bryant ([24:19](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([24:35](#)):

I know that a lot of people have questions about that. Okay. So I don't, I do live in, you know, the suburbs of Denver.

Cedric Bryant ([24:42](#)):

Mm-hmm (affirmative).

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Rebecca Gillett ([24:43](#)):

So, um, we have a lot of open spaces. And if I'm on a walk and there isn't anybody within, anybody outside, and it's just me, do I need to wear my mask?

Cedric Bryant ([24:54](#)):

Probably not.

Rebecca Gillett ([24:54](#)):

Um, that's, that's the question that a lot of people ask.

Cedric Bryant ([24:55](#)):

Yeah, yeah.

Rebecca Gillett ([24:57](#)):

If there isn't anybody right near me, then, um, I always have mine with me.

Cedric Bryant ([25:02](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([25:04](#)):

And so if I'm walking and there isn't in the morning, usually at seven o'clock there is nobody out there. (laughing) So, I'm, I'm myself with my husband.

Cedric Bryant ([25:10](#)):

Yeah.

Rebecca Gillett ([25:11](#)):

And so we have our masks with us, but if we come across people, we either across the street or we put our masks on if we can't. Um, but sometimes the trails are at the busier times can be busy and I'll wear my mask the whole time. 'Cause you just don't know if the wind's blowing, you know?

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Cedric Bryant ([25:29](#)):

That's right.

Rebecca Gillett ([25:29](#)):

Um, but I think that's a question that people will want clarified, you know, do I have to do that with, I'm the only soul out there?

Julie ([25:35](#)):

Mm-hmm (affirmative).

Cedric Bryant ([25:36](#)):

And, and Rebecca, you're absolutely, the, the way you're doing it again you're, the model again. (laughing)

Rebecca Gillett ([25:44](#)):

Don't tell everybody that.

Cedric Bryant ([25:44](#)):

if you're, you know, pretty much in a, in a pretty open space where, where you can, you know, um, not coming close contact with, with others, then you, you wouldn't be required or expected to, to need to wear a mask in that setting. So, but the key is to make sure that you're prepared by having one should the environmental conditions change.

Rebecca Gillett ([26:20](#)):

Great advice.

Julie ([26:20](#)):

Thank you. Have and not need than need and not have.

Cedric Bryant ([26:24](#)):

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Oh, that's, that's great quote. (laughing)

Rebecca Gillett ([26:25](#)):

Yeah.

Julie ([26:28](#)):

I appreciate that. Well, so another one of my questions for people with arthritis, like a lot of folks use swimming as their form of exercise.

Cedric Bryant ([26:37](#)):

Mm-hmm (affirmative).

Julie ([26:37](#)):

Maybe swimming in a public pool, um, engaging with people in the locker room with that, whatever that looks like-

Cedric Bryant ([26:43](#)):

Mm-hmm (affirmative).

Julie ([26:43](#)):

what are some recommendations that you might have for replacement exercises? And maybe some of your thoughts about when swimming will become a safe activity again.

Rebecca Gillett ([26:54](#)):

Well, also too, like aquatic exercises-

Julie ([26:57](#)):

Oh, yes.

Rebecca Gillett ([26:57](#)):

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... and people might not be swimmers-

Cedric Bryant ([26:59](#)):

Yeah.

Rebecca Gillett ([26:59](#)):

... but they also do aquatics and rely on walking at pool-

Julie ([27:01](#)):

Yeah.

Rebecca Gillett ([27:02](#)):

... or exercise in the pool too.

Julie ([27:02](#)):

Yeah, thanks for that.

Cedric Bryant ([27:04](#)):

Right. a lot of it's gonna depend upon what the individual has at his or her disposal and in terms of what's available. Um, but uh, in a movement like, an activity like rowing could be an adequate replacement in that, you know, engaging both upper and lower body. Um, uh, you know, some of your, uh, you know, there's the Schwinn Airdyne bike where it has the upper and lower body.

Cedric Bryant ([27:35](#)):

So, so those types of activities can be nice. But the other thing too, is that if you just, um, really work on, uh, you know, improving your, your strength and, and, and movement, uh, with, um, you know, typical resistance training exercises, uh, incorporating some, some cardio activity and you can really just do some, I'll call it some virtual swimming, if you will, in terms of kind of mimicking some of the movement mechanics is, is another option.

Cedric Bryant ([29:25](#)):

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I think it's a lot of it is going to hinge upon, um, whether you're an at risk individual or you're, or you're living with those who might be at risk. Will probably dictate, um, you know, your, your comfort level and, and to that type of the activity.

Rebecca Gillett ([30:38](#)):

what tips do you have for people to just stay motivated to move?

Cedric Bryant ([30:52](#)):

it's about establishing the routine,

Cedric Bryant ([31:21](#)):

trying to divide your day up into blocks and having that protected time where this is my self care time, where I'm going to get in some activity, and then try to supplement that with additional, um, uh, segments of those kinds of activity breaks. And really, really try to disrupt extended periods of sedentary time.

Julie ([31:52](#)):

Mm-hmm (affirmative).

whether it's, you know, setting in an hourly reminder that, okay, I'm not going to sit for more than an hour and, Whether it's, you know, walk into another room, whether it's to do some, some acts, some exercises, some stretches, what have you, but just to do something to disrupt those, um, extended periods of inactivity.

Julie ([32:26](#)):

it's helpful to think about how you get into a routine. It's hard enough to get into a routine and regular circumstances-

Cedric Bryant ([32:34](#)):

Yeah.

Julie ([32:34](#)):

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... but through out a pandemic in there, (laughs) and your full routine is already, so interrupted, it can be tough.

Cedric Bryant ([32:40](#)):

Mm-hmm (affirmative).

Julie ([32:40](#)):

So those little things, I think I really love when you said take an ex, or an exercise snack, is that what you call it, having snack?

Cedric Bryant ([32:47](#)):

Yeah. An activity snack.

Julie ([32:48](#)):

An activity snack.

Cedric Bryant ([32:48](#)):

Yeah.

Rebecca Gillett ([32:48](#)):

I like that.

Julie ([32:49](#)):

I love that. Have that short period of time-

Cedric Bryant ([32:51](#)):

Mm-hmm (affirmative).

Julie ([32:51](#)):

... where you're just moving a little bit.

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Cedric Bryant ([32:53](#)):

Right.

Julie ([32:53](#)):

I think that's really great.

Rebecca Gillett ([32:55](#)):

Snacks don't have to be just food. It can be movement.

Cedric Bryant ([32:58](#)):

Exactly.

Julie ([32:59](#)):

That's right.

Rebecca Gillett ([32:59](#)):

(laughs)

Cedric Bryant ([32:59](#)):

Exactly.

Julie ([33:01](#)):

I have seen a lot of people, um, sharing on social channels and beyond two things, two big themes. One is that they're either trying to get quarantoned and really exercise and tone their muscles and do that. Or they're experiencing the COVID-19 weight gain.

Rebecca Gillett ([33:20](#)):

Yes.

Cedric Bryant ([33:20](#)):

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Mm-hmm (affirmative).

Julie ([33:20](#)):

And they're feeling the corona rolls. I've heard that quite a bit.

Rebecca Gillett ([33:23](#)):

(laughs)

Cedric Bryant ([33:23](#)):

Yeah.

Julie ([33:41](#)):

how do we start to inch back into that exercise lifestyle, good nutrition kind of life?

Cedric Bryant ([33:48](#)):

Mm-hmm (affirmative).

Julie ([33:48](#)):

What does that look like?

Cedric Bryant ([33:50](#)):

Well, I think your phrase of inched back into it is exactly how I would recommend people go about it, in terms of, uh, kind of start, starting low and going slow.

Cedric Bryant ([34:23](#)):

we're going to experience, you know, one of two things. We're gonna become frustrated because it's gonna, uh, seem much more challenging and difficult than we remember it, dang, or we could potentially injure ourselves, um, because our bodies just have not been exposed to that level of challenging quite some time.

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Cedric Bryant ([34:58](#)):

if you experience some unusual aches and pains, or, or if this seems really difficult back off a little bit. Give yourself a break. And just really, I think rather than focus on performance goals, I would say focus on a process goal. And in the process goal is simply doing something. And let and let those process goals add up over time to where you start to return back to your performance capabilities. And then at that time, maybe start to reestablish some performance related goals.

Rebecca Gillett ([35:47](#)):

I love that.

Julie ([35:48](#)):

I think that's right. Yeah. It's a really helpful way to think about how to reframe exercise and reframe the approach that you take to it. Because I think, you know, a lot of us who, who made progress with their fitness when they, when they really do take a look and they think, oh, I've got to get back to where I was before.

Cedric Bryant ([36:07](#)):

Mm-hmm (affirmative).

Julie ([36:07](#)):

That can be a disheartening thing that can take some of your motivation away. Um, but I think Rebecca has said this a couple of times on podcasts. She, she always reframes it and says something like, I know that I can get back there because I've done it before. And that's something that I love to carry with me, whatever we're talking about, exercise and progress and where we go and how we do it, well.

Rebecca Gillett ([36:32](#)):

Yeah, it's a process oriented.

Julie ([36:34](#)):

Mm-hmm (affirmative).

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Rebecca Gillett ([36:35](#)):

'Cause we all have days that just knock us off our feet.

Cedric Bryant ([36:55](#)):

That's right.

Rebecca Gillett ([36:55](#)):

And we can't get out of bed, but you have to be able to know that you can get back to where you were.

Julie ([37:00](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([37:01](#)):

But you didn't get there overnight, it took some time.

Julie ([37:06](#)):

Right.

Cedric Bryant ([37:06](#)):

That's right.

Rebecca Gillett ([37:21](#)):

It's just a little bit at a time and it really, really can make a difference. Um, I just, one of our connect groups, you know, a lot of our groups used to meet in person and now a lot of them are virtual.

Rebecca Gillett ([37:32](#)):

one of the things that, you know, people kept saying, it's just like, ah, I just, I, I don't know what to do. Like I can't, you know, I'm, I'm in too much pain and how do I, how do I move? And, um, and I think the stress of the soul has, you know, added to people's-

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Cedric Bryant ([38:01](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([38:01](#)):

... being anxiety, of course. So when, when there are those people who are having a very difficult time moving-

Cedric Bryant ([38:08](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([38:09](#)):

... um, are there things gentle forms of exercise and things they can do to just get a little bit of that movement, get an inch going, um, that you can recommend at home?

Cedric Bryant ([38:20](#)):

For those individuals, I, I would, um, recommend that they try, uh, some gentle forms of stretching, um, even just, uh, some, um, kind of con, contract relax type, um, you know, kind of relaxation where you, you, you basically, uh, contract the muscle, hold it for, you know, three or four seconds, and just let it relax.

Cedric Bryant ([38:48](#)):

the whole focus is on just having a positive experience with doing something that's activity related and really just focus on not only how it makes you feel from pain perspective, but how it makes you feel from an emotional, psychological perspective as well. Because I think by, um, being able to do something positive, that is, that is on the continuum of activity can be empowering and really help the individual assume some control over his or her life and that their pain and the disease doesn't have the control.

Cedric Bryant ([39:29](#)):

just simply think of, of doing something that's, that's well within your capabilities that allows you to accomplish something positive as it's, as it's correlated to movement.

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Julie ([39:54](#)):

Yeah. I think that that's a really powerful way to, to think about movement and movement at this moment in time. we have to be really in tune with our bodies and listening to our bodies-

Cedric Bryant ([40:12](#)):

Mm-hmm (affirmative).

Julie ([40:12](#)):

... and being okay with it. If that gentle contraction is not so gentle and all of a sudden you don't think this is good, this is not the right thing.

Cedric Bryant ([40:20](#)):

Mm-hmm (affirmative).

Julie ([40:20](#)):

Right. But also what we've seen is that, you know, during this pandemic, a lot of people have forgone medical care.

Cedric Bryant ([40:27](#)):

Mm-hmm (affirmative).

Julie ([40:28](#)):

And have not pursued that in-person appointment or done that thing. And I think it's going to be a especially important as we come out of this. And as we start to take those inches inch toward more movement and more, uh, health at home, that we listened to our bodies and know when to call that doctor and say-

Cedric Bryant ([40:47](#)):

Mm-hmm (affirmative).

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Julie ([40:47](#)):

... this joint pain that I'm feeling is not related to my exercise or not related to my sedentary lifestyle that I've had in the past little while. it's not normal.

Cedric Bryant ([40:55](#)):

Mm-hmm (affirmative).

Julie ([40:56](#)):

Help me figure this out. I wonder, are there particular moments that you think that's when you should call the doctor, that's when you should pursue that care? Are there other trigger points that we could share with our listeners or is it just very personal?

Cedric Bryant ([41:11](#)):

I think it's largely personal, but I think if, if, um, if your, if your pain is, you know, let's say on a, on a scale, uh, you know, where it's not noticeable, but all too, it's just consumed all of my attention.

Julie ([41:27](#)):

Mm-hmm (affirmative).

Cedric Bryant ([41:28](#)):

Um, if your pain is close to that consuming all of your attention, for an extended period of time, there, there's, there's no gutting through that. (laughs) It, it, it is time to, to consult with, with your healthcare provider. Um, I think it is a way of looking at that. And also if your pain is limiting, what you can do, um, to such a degree that it is, um, in your view becoming too disruptive to your life, that's probably also a, uh, a good, uh, practical kind of cue that you should consider consulting with your healthcare provider.

Rebecca Gillett ([42:28](#)):

then maybe you should do a little bit less, or if it is to the point where it's consuming you, then yeah. You want to call your doctor.

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Cedric Bryant ([42:35](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([42:37](#)):

Um, that's another, you know, we keep referring back to other podcasts-

Julie ([42:41](#)):

(laughs)

Rebecca Gillett ([42:41](#)):

... but talking about, you know episode on-

Julie ([42:44](#)):

Listen everybody.

Rebecca Gillett ([42:45](#)):

... the benefits of walking, that's one of, that's why I endorsed before I ever, you know, came to the foundation, I was a volunteer, but I'm certified to teach that walk with these program.

Cedric Bryant ([42:55](#)):

Mm-hmm (affirmative).

Rebecca Gillett ([42:55](#)):

And I see it uses such a process oriented approach that really can help you take those tiny steps. And, and, and it teaches you how to recognize when the pain is more than you should have, or if you overdid it, um, and when to back out and when to, you know, start, start over. Um, so I think it's, it's a great tool. Um, but so much wonderful information that you shared with us today, Cedric.

Julie ([43:22](#)):

Oh, my goodness. Thank you.

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Rebecca Gillett ([43:22](#)):

Uh, I think this was powerful.

Cedric Bryant ([43:25](#)):

Oh, my pleasure. Thank you for having me. It's been, it's always a pleasure to chat with you two, so.

MUSIC BRIDGE

PROMO: *The Arthritis Foundation is responding to what you share in our INSIGHTS survey. So far, almost half of you say you have major difficulty walking. Three-quarters of you report feeling fatigued. Most of you say your health care experience needs improving. Our ongoing survey tells us a lot, and we're taking it seriously. Keep us updated at arthritis-dot-org-insights. So we can find solutions. Go to [arthritis dot org slash insights](http://arthritis-dot-org-insights) and speak out.*

Julie ([43:31](#)):

we like to end every one of our podcasts with the guests, top three takeaways from the conversation that they really want to make sure our listeners take away with them. What are your top three?

Cedric Bryant ([43:43](#)):

Okay. Um, as it relates to reflectivity, I would say, um, schedule it, um, I would say link it to your normal activities, 'cause you're, you're more inclined to do it.

Julie ([43:57](#)):

Mm-hmm (affirmative).

Cedric Bryant ([43:57](#)):

And then I would say, um, be astute enough to listen to your body, to make sure that you're doing it at a, at an appropriate level for, um, for, for your capabilities.

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Rebecca Gillett ([44:11](#)):

Those are great.

Rebecca Gillett ([44:17](#)):

Well, thank you so much, Cedric. We appreciate your time.

Cedric Bryant ([44:24](#)):

I love what you guys are doing.

Julie ([44:28](#)):

Thank you.

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