



## Good for Mind & Body

Researchers have found exercise is associated with moderate reductions in anxiety among adults with rheumatoid arthritis, osteoarthritis, fibromyalgia and other rheumatic diseases.

The meta-analysis of 14 studies also found improvements in physical function, pain, quality of life, depression, aerobic fitness and muscular strength when patients exercised an average of three times a week for approximately 30 minutes a day for four months.

The anxiety-reducing results weren't affected by the type of arthritis participants had or the type of exercise they did. This study looked at walking, dance, water aerobics, aerobics combined with strength and interval training.

Researchers say more study is needed on this issue. "Much of the exercise was performed indoors, and given previous research that suggests that exercise performed outdoors may have better mood-enhancing effects than indoors, future research may want to examine outdoor exercise," says senior author Leigh F. Callahan, PhD, associate director of the Thurston Arthritis Research Center in Chapel Hill, North Carolina. —JENNIFER DAVIS

SOURCE: American College of Rheumatology Annual Meeting