



**KITA SUGG**  
Exercise Physiology

## Managing Winter Joint Stiffness

### Enjoyable Movement for Every Body

Winter can bring increased stiffness, aches and discomfort for many people.

You may notice it when getting out of bed, standing after sitting for a while or starting your day. While colder weather can make movement feel more difficult, staying active can play an important role in helping your joints feel their best.

### Why it Matters

Joints rely on movement to function well.

During winter, people often spend more time sitting indoors and less time being active. This reduction in movement can contribute to increased stiffness, reduced flexibility and joints feeling less comfortable.

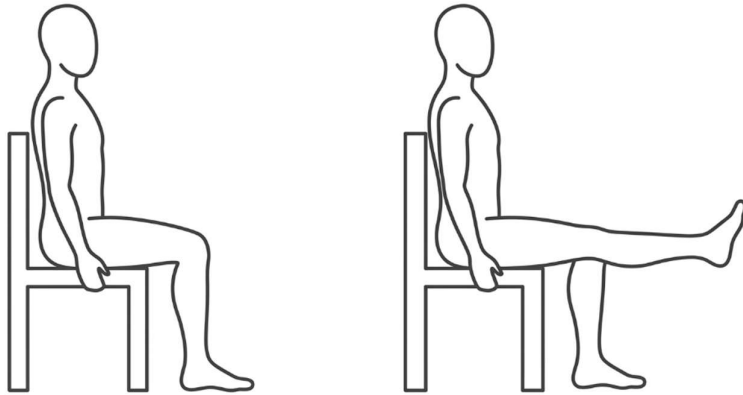
Regular movement helps maintain circulation, muscle strength and confidence with everyday activities. Even small amounts of movement throughout the day can help reduce stiffness and support joint health.

### Simple moves

#### Seated Leg Extension

**Helps support:** Knee mobility and circulation

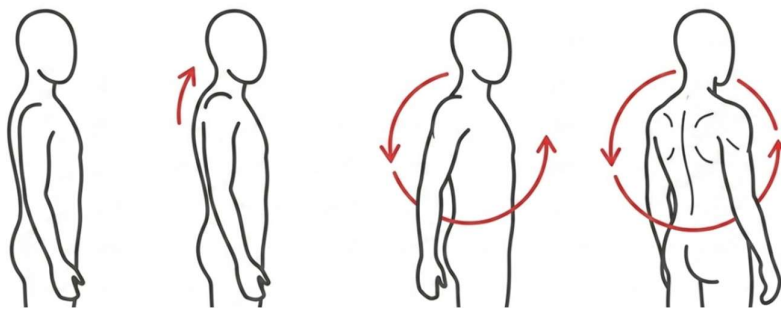
Sit tall in a chair with feet under knees, knees in line with hips. Slowly straighten one leg at the knee joint, before lowering it back down. Alternate legs and move with control.



### Shoulder Rolls

**Helps support:** Upper body mobility

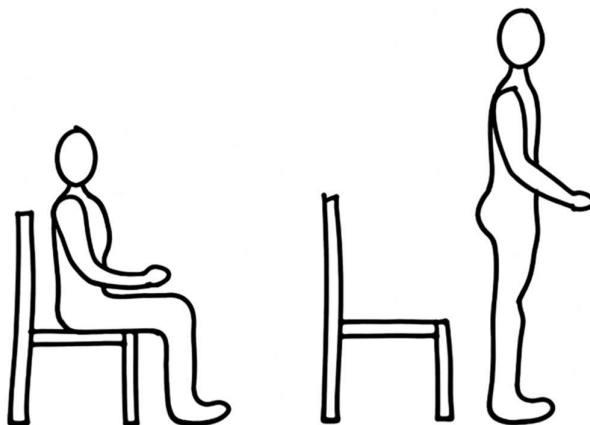
Roll your shoulders backwards in a slow circular motion. Repeat several times.



### Sit-to-Stand

**Helps support:** Lower body strength and everyday function

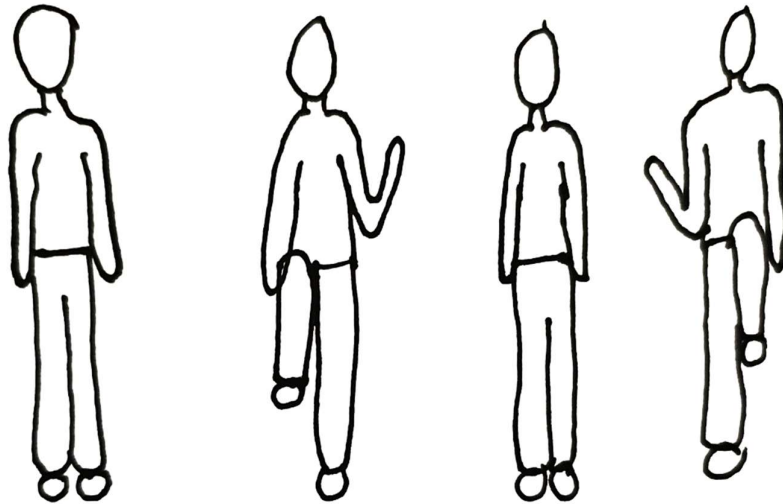
From a chair, stand up and sit back down slowly with control. Use your hands for support if needed.



## Marching on the Spot

**Helps support:** Whole-body circulation and gentle movement

Holding onto a stable surface if required, slowly lift one knee at a time as if marching.



## Takeaway

Winter stiffness is common, but movement remains one of the best tools for helping your joints feel more comfortable.

Start small, move regularly and focus on consistency rather than intensity.

Every movement counts.

## How an Exercise Physiologist Can Help

An Accredited Exercise Physiologist can help you stay active throughout winter by developing an exercise program tailored to your goals, symptoms and current abilities.

Whether you are managing arthritis, recovering from injury or simply looking to move more comfortably, exercise can be adapted to suit your needs and help you maintain confidence in movement throughout the colder months.

To book a personalised Exercise Physiology session with Kita visit

[www.kitasuggphysiology.com.au](http://www.kitasuggphysiology.com.au)