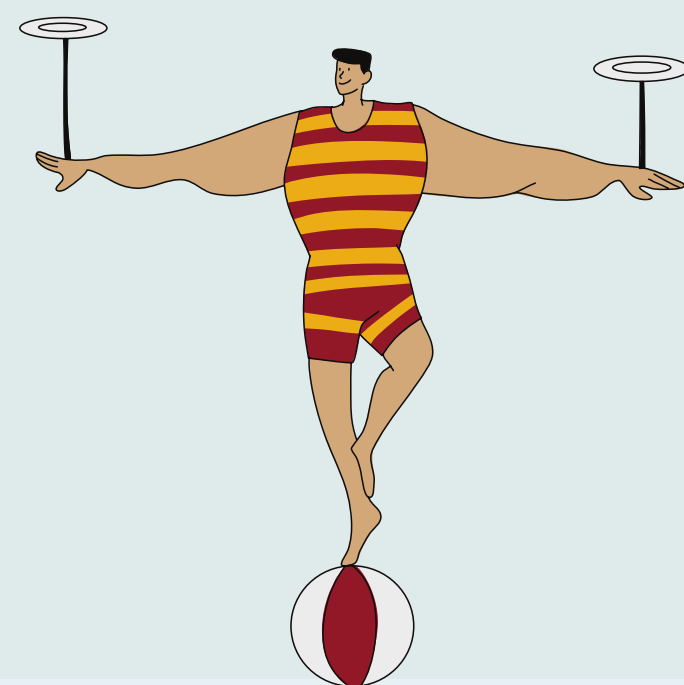


Why movement matters for Axial Spondyloarthritis

Decreased joint stiffness and pain



Improved balance



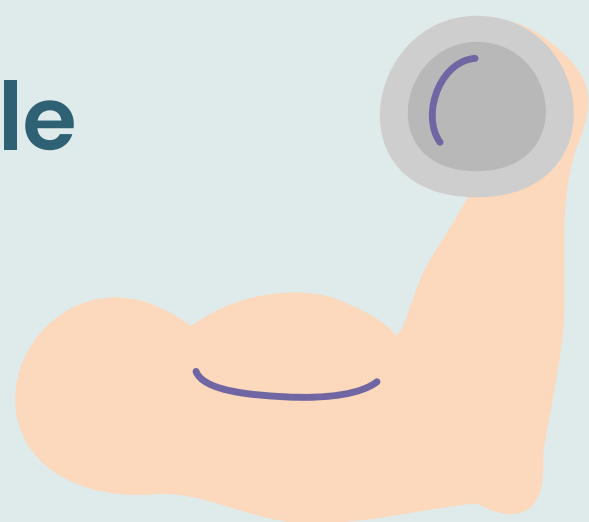
Increased posture control



Improved sleep
Exercise is physically tiring which improves sleep quality and allows for improved energy



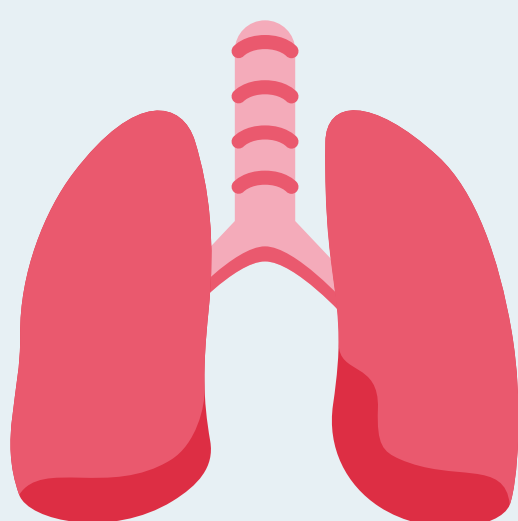
Increased muscle strength and muscle length



Increased flexibility which will make everyday tasks easier



Increased lung capacity and cardiovascular fitness



Improved mood and overall health

