







CLARIFYING COMMON THOUGHTS ON ACTIVITY AND HEALTH

Please see the following list of common thoughts on pain and activity, then look in the box next to it see whether that statement is true or false. You might be surprised about certain answers; it helps to look at the explanation box to see why that common thought turned out to be either true or false.

Common thoughts on activity and health	Is this true or false?	Explanation
<i>Inactivity is as harmful to your health as smoking.</i>	TRUE 	Inactivity, just like smoking, is harmful to your body. Both affect bone and muscle strength and heart and lung fitness.
<i>Sitting or lying for long periods is not a serious health risk.</i>	FALSE 	Inactivity leads to declines in: <ul style="list-style-type: none">▪ Bone strength▪ Muscle strength▪ Heart and lung fitness▪ Flexibility
<i>Activities help you maintain your independence.</i>	TRUE 	Physical activities like walking, stretching, and keeping your muscles in good condition will help maintain your independence. That is, being able to do the things you want to do when you want to do them while minimizing dependence on others to do things for you. To stay independent you need to be able to reach, bend, lift, carry, and move around easily. Staying physically active will help you to keep moving, and stay strong. Independence helps increase your self-confidence and quality of life.
<i>Kinesophobia is a fear of doing too much exercise on a good day.</i>	FALSE 	Kinesophobia is actually the fear of movement. People who have this phobia often don't want to do any movement at all.