46 million people have a doctor-diagnosed case of arthritis in America. The Centers for Disease Control and Prevention (CDC) report one of the leading causes of arthritis is obesity. Pete Piranio, owner of three Fitness Together franchises located in the Milwaukee Metro area reports how better fitness can aid the aches and pains commonly associated with arthritis.

June 2, 2009 - Delafield, WI -- 46 million people have a doctor-diagnosed case of arthritis in America. With the aging US population, this number is expected to grow to nearly 70 million people in the coming decades, as reported by the Centers for Disease Control and Prevention (CDC).

Arthritis is defined as joint inflammation and is used to describe more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround the joint and other connective tissue. The number of arthritis cases typically increases with age and is higher among women than men in every age group, as reported by the data found from the National Center for Health Statistics National Health Interview Survey in 2003-2005.

One of the leading causes of arthritis is obesity. There is a strong correlation between the rise in overweight and obesity levels, reaching approximately 60% of the US population, and the projected rise in arthritis cases. "Obese adults are more likely to develop arthritis and joint discomfort than normal weight adults," reports Pete Piranio, owner of three Fitness Together franchises located in the Metro Milwaukee area.

"First of all, our clients that have arthritis usually begin to feel better immediately after starting a weight management program. Our fitness trainers design programs to help clients decrease body fat and increase muscle strength. These benefits help to better manage arthritic pain and improve the way the body responds to normal daily physical activities such as driving, picking up a dropped item and even standing up from a chair."

The CDC (www.cdc.gov) report that many arthritis sufferers do not take part in leisure time physical activity even though the research shows exercise benefits people with arthritis by improving pain, function and mental health. "A host of additional risk factors are associated with not participating in a regular physical activity program, such as cardiovascular disease, diabetes, obesity and functional limitations," reports Piranio, who is a certified personal trainer himself.