

# Keep On Moving - Campaign

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## Reasons:

To help people with RMDs to keep on moving in pandemic times in spite of restrictions on continuing sports and exercise groups

## Timeline:

The campaign started on World Internet Day 29.10.2021 and is an ongoing process

## Core element:

Video and Podcast  
[https://youtu.be/h\\_tVhbCzYBdc](https://youtu.be/h_tVhbCzYBdc)

## Outcomes:

Press Kid  
[www.rheuma-liga.de/presse](http://www.rheuma-liga.de/presse)  
Radio Feature

## Aims:

Giving tips and hints and motivate people with RMDs to develop their own rituals and include exercise and relaxation into their daily lives

## Methods:

We produced a video and a podcast as well as a moving postcard. As background information we have exercise material in print and several videos which help with exercising. Our App Rheuma-Auszeit (Time out for Arthritis) helps with exercise as well. All materials are available on our website and social media

## Conclusion:

The awareness about the importance increasing movement, exercises and relaxation into everyday routine is one of the pathways to live an active and satisfied life with RMDs.

## Benefits:

Support for patient organisation encouraging their members to find their own way to keep on moving each day

## Further information:

[www.rheuma-liga.de/weiterbewegen](http://www.rheuma-liga.de/weiterbewegen)  
App Rheuma Auszeit  
[www.rheuma-liga.de/app](http://www.rheuma-liga.de/app)