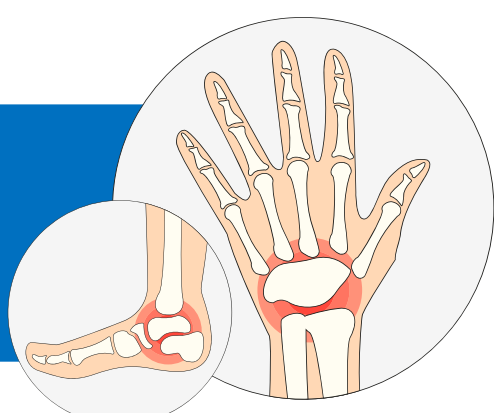


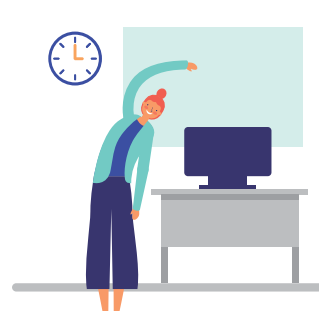
# 7 Tips to Deal with Arthritis!



**01**

## Be Active!

- Low-impact aerobic exercises such as walking, cycling or swimming can help keep joints flexible.
- Avoid staying in one position for too long. Get up and stretch after every 15 minutes of sitting.



**02**

## Reduce stress on the joints.

- If you are overweight, losing weight can reduce stress on the joints. Having an active lifestyle and balanced diet can help with weight loss.
- If you have hand arthritis, avoid opening a tight lid with your hands. Set the jar on a cloth and turn the lid with your palm using a shoulder motion.



**03**

## Use your strongest joints and muscles.

- Push heavy doors with your stronger arm or shoulder to protect your fingers and wrist joints.
- When taking the stairs, lead with your stronger leg going up and weaker leg going down to reduce hip or knee stress.



**04**

## Plan ahead and reduce unnecessary activities.

- Keep items that you need to use often near you.
- Keep work areas organised and tidy.



**05**

## Use dining aids made for people with joint pain.

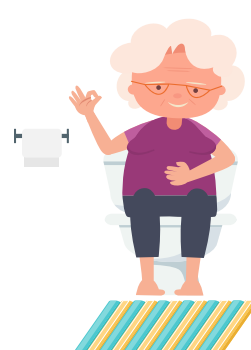
- Use angled cutlery with soft grip handles.
- These allow people with difficulties in hand or arm movement to eat on their own.



**06**

## Modify your home.

- Install grab bars in toilets and place anti-slip mats to prevent falls.
- Place a bathing stool in shower if you have arthritis in the leg.



**07**

## Ask for help.

- Talk to your family and friends about the illness and the problems it can cause.
- Get help for doing tasks that you are not able to do on your own.



Source: Harvard Health

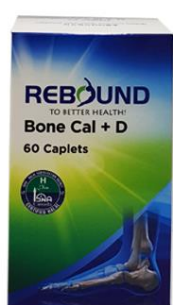


Read more on the facts & myths of bone health [here](#).



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