Tips to Keep Joints Healthy (Part 2-see part 1)

Get A More Durable Core

More durable back, hip, and ab muscles help your balance which protects you from falls and it protects your joints.

Know Your Limits

It's normal to have some muscle aches after you exercise. But if you hurt for more than 48 hours, you may have overdone it. Don't push so hard next time. Working through the pain can lead to an injury or damage.

Eat Fish

Some experts say fatty cold-water types like salmon and mackerel are good sources of omega-3 fatty acids, which help keep joints healthy. They also lower inflammation, which causes joint pain and tenderness in people with RA. Even if it does not eating fish helps in other ways.

Keep Your Bones Strong

Calcium and vitamin D can help. I truly believe cairy products are the best sources of calcium, but other options are green, leafy vegetables like broccoli and kale. If you don't get enough calcium from food, ask your doctor about supplements. Please do not start taking them without a physician’s guidance.