Tips to Keep Joints Healthy (Part 1)

Stay in Motion - as I always say motion is lotion - but make it smart motion

It's the golden rule of joint health: The more you move, the less stiffness you'll have. Take breaks from your desk or your chair and move your joints through different motions. (See Our Daily Moves)

Safety First

Padding is your friend. Working on floor use a pad. If your joints already ache, it might help to wear braces when you are physical.

Lose Weight - Everyone can lose a few

Do you know every pound you lose takes 4 pounds of pressure off the knees.

Don't Stretch Before Exercise but Warm up with Large Body Motion

Warm up first, exercise, and then stretch but do not go to your limits when you do stretch.

Go Lower-Impact for Most People

For most people the best choices are activities that don't pound your joints, like walking, bicycling, swimming, and strength training.

Build Muscle

Building muscle gives you more shock absorption to your joints and control at your joints.

Have a Normal Range

Try to have a normal amount of motion (see our webpage), do not over stretch!