

# Arthritis Today

Updates & Tips to Live Your Best Life



Rock Your Holidays

## 42 Tips for Happy, Healthy Holidays

Don't just survive the holidays. Make them your best yet! Get 42 tips to make tasks easier, keep stress and pain in check, and make the holidays bright.

[Get Holiday Tips](#)

## Podcast: Fat & Arthritis

Being overweight can make arthritis worse — and not just because every extra pound adds four pounds of force on joints. In this podcast, hear how fat affects cartilage and how it might be linked to osteoarthritis. Plus, get tips for achieving a healthier weight.

[Listen for Healthy Weight Tips](#)

## Spanish-Language Resources

A new Spanish translation of arthritis.org has officially launched. Visit and share the new site for Spanish-language resources and guidance.

[Visit the Website](#)

# GIVING TUESDAY

This Giving Tuesday, you have **DOUBLE** the power to fight against arthritis. When you donate on Nov. 29, we'll match your gift for **TWICE** the power to find a cure and **2X** the support for people suffering in pain.

## Learn Something New

Life Hack



### 10 Cooking Tips

Get ready to rock your Thanksgiving feast with 10 arthritis-friendly cooking tips.

[GET TIPS →](#)

Recipe



### Healthy Pumpkin Pie

This twist on a Thanksgiving classic relies on maple syrup for delicious sweetness.

[EAT UP →](#)

Movement



### Work Out Anywhere

Get this celebrity trainer's favorite arthritis-friendly moves you can do anywhere.

[MOVE IT →](#)

## Made for You



### Taking medication shouldn't cause you more pain.

The Ezy Dose AM/PM pill planner helps you organize your daily medications so there's no confusion or pain. With compartments that hold up to 30 pills, strain-free push buttons and a contoured bottom, taking your medications has never been easier.

[BUY NOW →](#)

**Your everyday tasks don't have to be a pain.** The Ease of Use program recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.

