

# Arthritis Today

Updates & Tips to Live Your Best Life



Would you rather run through the fall colors or keep it cozy inside? Get ideas and inspiration for making the most of it, body and mind.

## Keep Running Fun

Running can keep joints, muscles and bones healthy. Stay safe out there with arthritis-friendly moves.

[Start Here](#)

## 7 Ways to Fend Off Falls

Seven simple strategies to put easy confidence back in your day.

[Reduce Your Risk →](#)

## Boost Fiber With This Recipe

[→ Get Recipe](#)



## Stop Negative Thoughts

In stressful situations like flares, negative thoughts can take over. Get expert tips to calm your mind.

[Get Tips →](#)



## Getting Involved to Evolve

One mom's story about the power of connection.

[Read Her Story →](#)



## Designed For You

## Safe Step Walk-In Tub

Enjoy baths in comfort and safety with a low four-inch step up.

[Buy Now →](#)



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.