

Arthritis Today

Updates & Tips to Live Your Best Life



Here's to a healthy summer! We've gathered easy workouts, nutritious food tips and refreshing ideas to help support your joints.

11 Ways to Feed Your Joints

Want to show your joints some love? Start with these 11 practical and delicious nutrition tips.

[What's on the Menu? →](#)

Power Up Your Lower Body

Let's hear it for legs! This simple workout helps build strength for all the places you want to go.

[Watch the Video →](#)



Try a Sip of Sunshine

Cool, creamy and packed with feel-good ingredients, this tropical coconut-mango drink makes healthy choices taste like a vacation.

[Get the Recipe →](#)

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Arthritis Foundation | **TYLENOL**

Many Voices, One Mission

As America marks 250 years of independence, step up to help make healthcare more accessible and affordable for people with arthritis. Get the resources you need here.

[Make Your Voice Count →](#)

Expanding Access to Arthritis Care

The demand for rheumatology care keeps rising. These Arthritis Foundation grants are helping prepare specialists to meet that need.

[What's Happening? →](#)



Designed for You

IMAK® Compression Arthritis Knee Sleeve

[Check It Out →](#)



[Ease of UseSM](#) certified products and packaging are tested and proven easy to use for people with arthritis.

Since 1948, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children in the U.S. This e-newsletter content is made possible through the [generous support](#) of donors like you.



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