



Spring is here, and we're delivering fresh inspiration for biking and more joint-friendly ways to get active. Plus, a healthy, delicious recipe.

Pedal Power

Biking builds strength, boosts mood and is gentle on joints. Pedal at your own pace and feel the difference.

[See How Cycling Can Help](#) →

Building Muscles, Slow & Steady

Think strength training is off limits? Think again. Learn how to safely build muscle while protecting your joints.

[Start Getting Stronger](#) →



Spring Strawberry & Spinach Salad

Sweet strawberries, crisp spinach and a poppy seed drizzle. This salad tastes like sunshine in every bite.

[Get the Recipe](#) →

Highlights From Pathways 2026

The recent Pathways Conference sparked meaningful conversations about advances in arthritis care and celebrated real progress. Catch up on some highlights.

[Read What Happened](#) →



Designed for You

Dr. Grip® Pens by Pilot®

[Check It Out](#) →



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

Green Heart Fridays returns in May!
[Share your support locally and online.](#)



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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