

Arthritis Today

Updates & Tips to Live Your Best Life



Stay strong, move freely and eat well! Discover joint-friendly gardening tips, must-do warm-ups and a tasty, smart treat.

7 Essential Warm-Ups

Get your body ready for action. Try these dynamic warm-ups before any activity.

[Get Workout Ready! →](#)

Joint-Friendly Gardening Tips

Discover simple gardening hacks to reduce joint pain and keep your plants — and yourself — thriving.

[Get Helpful Tips →](#)



Yummy, Healthy Berry Crisp

A tasty breakfast, snack or dessert that's heart-healthy and not too sweet.

[Get the Recipe →](#)

The Future of AI & RA

Artificial intelligence could help predict rheumatoid arthritis and prevent long-term damage, thanks to Arthritis Foundation funding.

[Read Research Update →](#)



Riding for a Cure: Tim's Journey

Cyclist Tim Clepper won't let psoriatic arthritis stop him from riding — and raising money for the Arthritis Foundation.

[Watch His Video →](#)

Celebrating Outstanding Volunteers

These award-winning volunteers are changing lives and pushing the Arthritis Foundation's mission forward.

[Get Inspired →](#)



Designed for You

Guard-N-Grip Hose Connector by Flexon®

[Check It Out →](#)



[Ease of Use 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 living with the disease in the U.S. This e-newsletter content is made possible through the [generous support](#) of donors like you.

