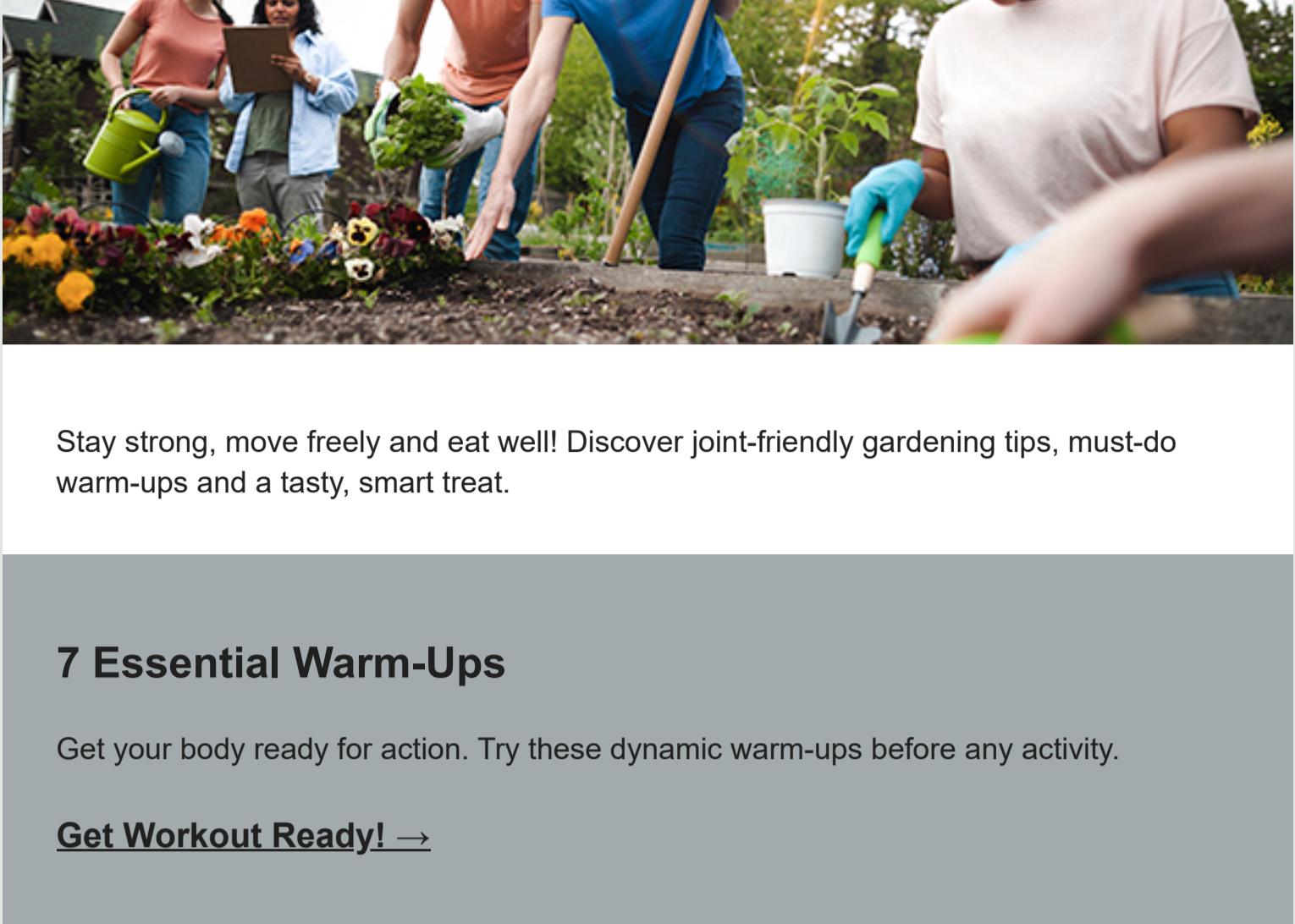


Arthritis Today

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

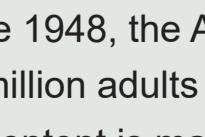
Cyclist Tim Clepper won't let psoriatic arthritis stop him from riding — and raising money for the Arthritis Foundation.

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