

Arthritis Today

Updates & Tips to Live Your Best Life



Welcome! February may be the shortest month, but we're not short on great tips to ease arthritis pain and stiffness.

A Workout Your Joints Will Love

Ellipticals offer smooth, low-impact movement that's easier on joints. Learn why they're a smart choice for arthritis-friendly exercise.

[Get the Basics](#) →

Can This Device Ease RA?

Not all relief comes in pill form. See how this new device might help reduce rheumatoid arthritis symptoms and improve daily life.

[Is It Right for You?](#) →



Zucchini Boats

Scoop, stuff, bake, enjoy. These yummy zucchini boats turn this healthy vegetable into a dish everyone looks forward to.

[Get the Recipe](#) →

With Every Breath You Take

Feeling tense? Try breathing with intention. These yoga techniques help you settle your body and quiet your mind.

[Find Your Zen](#) →

Real Talk About Pain Solutions

People living with pain need better answers. This recent roundtable featured meaningful conversations that could help shape the future of pain relief.

[Get the Details](#) →



Designed for You

Voltaren Arthritis Pain Gel

[Check It Out](#) →



[Ease of Use](#) SM 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.



[About Us](#) | [Helpline](#) | [Donate](#) | [Privacy Policy](#)

You have received this email at: Izotti@arthritis.org.

You can unsubscribe from these emails [here](#) or [update your preferences](#).

1355 Peachtree St NE Suite 600, Atlanta, GA 30309

©2026 Arthritis Foundation