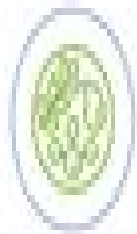


HOW TO PREVENT ARTHRITIS



Nutrition for
Joint Health



Avoid overuse
of Joints



Regular Health
Check-Ups



Quit
Smoking



Therapies



Supplements
for Arthritis



Manage
Stress



Maintain a
Healthy Weight



Adopt an
Active Lifestyle



Stay
Hydrated



Protect Your Joints
from Injuries

Preventing Arthritis

Mark Steyvers



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