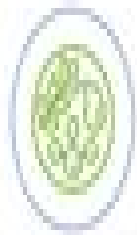


# HOW TO PREVENT ARTHRITIS



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

**WJ Hussar**



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