

# Healthy Living

## Joint Health Tips

(NAPSA)—If you or someone you care about is ever among the 46 million Americans who are concerned about their joint health, here's a bit of advice that may move you: An active lifestyle can help your joint health. To help, fitness expert, author and member of the President's Council on Physical Fitness and Sports Denise Austin shares five easy tips:

**Tip #1—Stretch and Flex:** Daily stretching is crucial for helping to keep joints mobile and flexible. Take “flex” breaks throughout the day to help keep your muscles and ligaments flexible and strong.

**Tip #2—Move Your Body:** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage. One of the best ways to help your joints is through low-impact activities, such as walking. Walking can promote joint comfort, build strong muscles around the joints and increase flexibility and endurance. Walk at least 30 minutes every day, even if you have to break that up throughout the day.

**Tip #3—Be Diet and Supplement Savvy:** To make eating healthfully easy, keep pre-cut veggies and fruits in your refrigerator at home or work. Take a quality joint supplement that can naturally replenish your body with key nutrients needed for daily maintenance and renewal of joints. Austin recommends Nature Made TripleFlex® Liquid Softgels, which are easy to swallow and formulated for easy absorption, providing fast joint comfort. It contains glucosamine to support cartilage



**What's a nice person like you doing with joints like that? Exercise and nutrition can help keep yours flexible and comfortable.**

health, chondroitin sulfate and white willow bark that provide joint comfort in as little as seven days\*, along with hyaluronic acid to help lubricate joints.

**Tip #4—Be Properly Equipped:** Make sure your shoes provide good support and wear comfortable exercise clothing. Have a watch with a second hand, stopwatch or pedometer to help you track your progress.

**Tip #5—Learn More:** For more information, visit [www.TripleFlex.com](http://www.TripleFlex.com) or call (800) 276-2878. TripleFlex is also a proud sponsor of the Arthritis Foundation Arthritis Walk. To learn more, visit [www.LetsMoveTogether.org](http://www.LetsMoveTogether.org).

*\*Contains chondroitin sulfate and white willow bark that provide joint comfort in as little as seven days. These statements have not been evaluated by the Food and Drug Administration.*