

Health Hints

Tips To Help Reduce Joint Discomfort

(NAPSA)—Chances are you or someone you know has occasional joint discomfort. According to the Centers for Disease Control and Prevention, one in five U.S. adults experiences some form of joint discomfort on a daily basis.

Many people with joint discomfort are unaware of the measures available to maintain joint health, according to Deralee Scanlon, R.D. Scanlon offers the following tips to keep joints comfortable:

Stay Active—Moderate, low-impact exercise is important to improve joint comfort and mobility. If freezing temperatures and icy conditions have put a damper on your usual outdoor fitness routine, consider joining a fitness class or finding an indoor track to walk or run on. Aim for 30 minutes of exercise three to five times per week.

Eat a Balanced Diet—Eat a diet rich in fruits, vegetables, whole grains and lean proteins to help you feel your best. Also try to consume foods that contain omega-3 fatty acids, such as salmon, walnuts and flaxseeds, which have positive effects on joint health. Avoid foods high in sugars and saturated fats.

Take a Multivitamin—A multivitamin provides a good base of essential vitamins and nutrients. Nature Made is currently the only major brand of multivitamins that contains 1,000 IU of vitamin D, the amount recommended by most health experts for bone, muscle and overall health. It comes in Nature Made Multi For Her 50+ or Multi For Him 50+.

Stay Hydrated—To keep joints lubricated and comfortable, consume at least 64 ounces of water daily. Alternatives include drinking green tea, low-fat milk and low-sugar juices.



There are many easy steps you can take to alleviate joint discomfort, a condition that affects one in five U.S. adults.

Consume Calcium—According to data from the National Health and Nutrition Examination Survey (NHANES), eight out of 10 Americans do not meet their body's need for calcium. Consuming adequate amounts of milk, yogurt, cheese and other calcium-rich foods, as part of a healthful diet, is important to build strong bones and help prevent osteoporosis, especially in teen and young adult women. You may also want to consider taking a calcium supplement.

Consider a Glucosamine-Based Supplement—Recently, the Centers for Disease Control estimated that by 2030, the number of U.S. adults with arthritis will increase substantially from 46 million to nearly 67 million. TripleFlex® is a glucosamine-based product that safely works with the body naturally to provide comfort, mobility and flexibility to joints. For faster relief, it comes in Rapid Relief formula with white willow bark that can deliver joint comfort in as little as one week.

For more information on joint health, visit www.NatureMade.com.