

BELL

NATURAL TIPS FOR HEALTHIER

# JOINTS

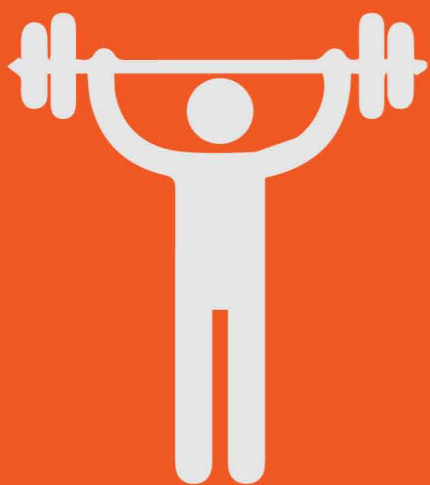
## EXERCISE



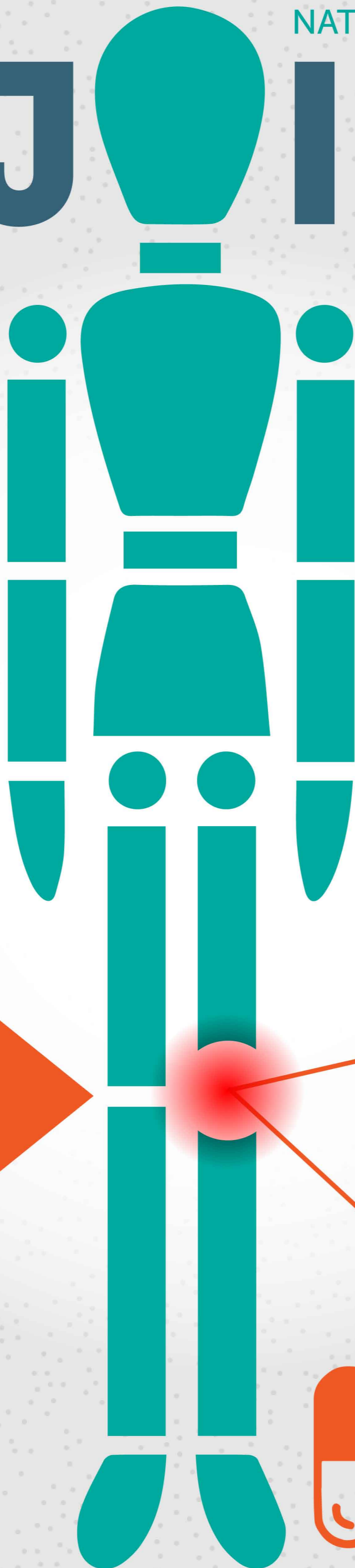
Use low-impact exercises such as swimming, walking, or bicycling. (1)



Aerobic activities that get your heart rate up can reduce joint swelling. (1)



Weight lifting strengthens the muscles around your joints and allows them to absorb most of the impact on a joint. (5)



USE THESE *TIPS* TO TAKE CARE OF YOUR *JOINTS*, AND LIVE A **HEALTHIER, MORE COMFORTABLE LIFE.**

## TIPS:

- Wear the Right Shoes. Shoes should provide cushioning, stability, and comfort while being flexible. (3)
- Maintain Proper Posture. If you have to sit, practice good posture. (3)
- When working at a desk, get up and stretch every 15 minutes. (4)
- Losing weight is the best way to protect your joints and ease any pain you have if you're overweight. (5)



**SUPPLEMENTS** (2)  
FOR JOINT SUPPORT  
GLUCOSAMINE • CHONDROITIN • OMEGA-3

(1) WebMD, Caring for Your Joints, Accessed 27 July 2017, <http://www.webmd.com/arthritis/caring-your-joints#1>

(2) mybodyandsoul.com.au, How to keep your joints healthy, Accessed 27 July 2017, <http://www.bodyandsoul.com.au/health/health-advice/how-to-keep-your-joints-healthy/news-story/40a397991d6395f0d6edf89bd2a8334b>

(3) Mensfitness, 10 Ways to Protect Your Joints, Accessed 27 July 2017, <http://www.mensfitness.com/training/pro-tips/10-ways-protect-your-joints>

(4) Harvard Health Publication, Simple tips to protect your joints, Accessed 27 July 2017, <http://www.health.harvard.edu/pain/simple-tips-to-protect-your-joints>

(5) Dr. Oz, Dr. Oz's Top Tips for Healthier Joints, Accessed 27 July 2017, <http://www.doctoroz.com/gallery/dr-ozs-top-tips-healthier-joints?gallery=true&page=3>