

# 5 SIMPLE HACKS FOR LIVING WITH ARTHRITIS

1



## PLAY TO YOUR STRENGTHS

Feel the most energy (or the least pain) in the morning? Prioritize your day accordingly and use that time to shower, prepare meals, or get most of your work done.

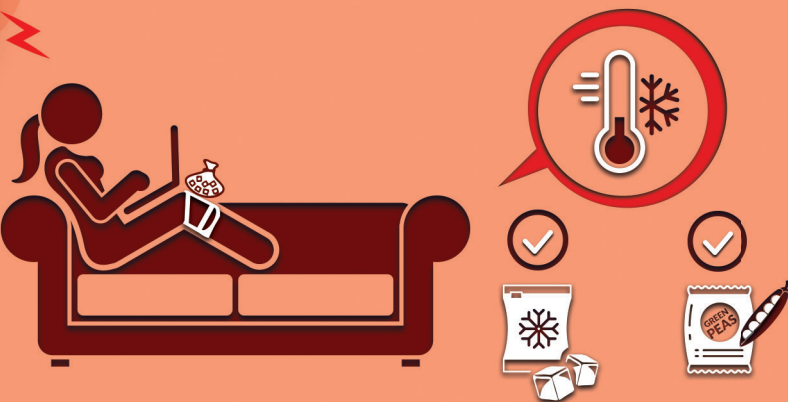
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## HEAT THINGS UP ...

Heat can help ease stiffness and relax achy muscles, so use a heating pad or soak in a hot bath to help manage your pain. Adding Epsom salts to a warm bath may help reduce inflammation.

3



## ... OR STAY COOL

Some pain responds better to cold, so apply an ice pack or a bag of frozen veggies to a swollen or painful joint to relieve pain and inflammation.

4



## MOVE MORE, NOT LESS

Low-impact activities like swimming, walking, biking, and yoga strengthen your muscles and bones, improve balance and flexibility, and ease pain. Plus, regular exercise can help you stay at a healthy weight, which can help keep your symptoms from getting worse.

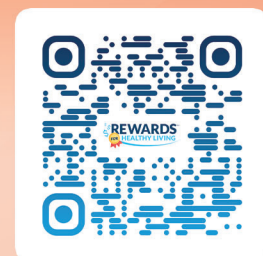
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## RETHINK YOUR CLEANING ROUTINE

Get smart about the way you clean. Don't waste energy or overexert yourself with lugging around a heavy vacuum – invest in a lightweight option. And let your products help you! Pre-treat messes on your floors so you don't have to scrub as hard.

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