



Know the basics about your bones and joints

Both joints and bones play important roles in our bodies.

They protect vital organs, like our brains. And they also naturally repair and renew themselves, replacing old bone tissue with new, healthy tissue.

Our joints work with them to keep repeated movements between bones smooth, safe and efficient. They can help change the angle between two bones. And they let us make circular motions without shifting bones out of place.

We can experience all kinds of issues and conditions with our bones and joints. Some heal fairly quickly — like sprains and strains. And some can have a lasting impact — like arthritis and osteoporosis. But there are things we can do to try to keep them healthy.

¹<https://www.verywellhealth.com/human-joints-explained-189254>



Did you know?

The human body has **more joints than bones.**¹

6 tips for healthier bones and joints



Eat a healthy diet.

Include plenty of calcium and vitamin D. Spinach, kale, fish and orange juice are just a few great choices.



Be active.

Movement and weight-bearing exercises can help keep bones and muscles strong.



Try to avoid injuries.

Falling can take a toll, especially as we age. Things like balance exercises, getting enough sleep and wearing sensible shoes can help.



Keep a healthy weight.

Being underweight or overweight can put you at risk for some issues. Talk to your doctor about the weight that's right for you.



Limit alcohol and avoid tobacco.

If you drink at all, keep an eye on how much. Stick to one (women) or two (men) drinks a day.



Stretch.

Stretching every day can help you become more flexible and keep your joints working well.

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