



Health And Well-Being

Keeping Joint Problems In Check

(NAPSA)—While many tend to associate daily exercise programs with energetic lifestyles, the truth is that adults are often just as active when they're engaged in hobbies, vocations and their regular routines.

For the 66 million Americans, young and old, who experience stiffness and joint discomfort, the physical activity associated with tasks such as house and garage cleaning, cooking, shopping, decorating and entertaining can present a real challenge.

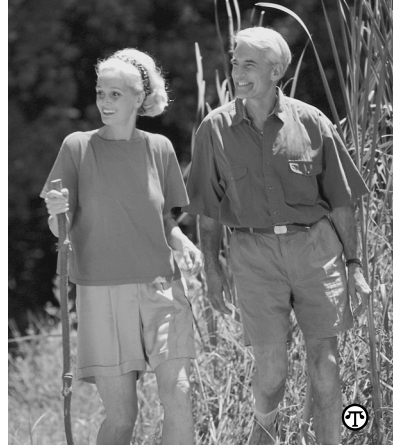
The good news is that with a little bit of planning and foresight, you can organize everything and still keep yourself shipshape and moving. Here are some tips from Move Free® Advanced, a leader in joint health supplements:

- Plan ahead. Organize tasks in ways that conserve energy and are less likely to promote joint discomfort. For example, break your projects down by floors and focus on all the projects you need to tackle on each floor of your house in turn.

- Turn big jobs into smaller ones. Do a load of laundry every other day instead of trying to do all the laundry in a single day.

- Eat right to feel right. Many believe that eating a balanced diet can help to prevent achy joints from occurring. That's because a balanced diet can provide the body with natural vitamins and nutrients required by the body's joints.

- Keep moving. Moderate exercise can help to strengthen joints and promote flexibility. Losing weight or maintaining a healthy weight can also help to lessen the stress or strain on the joints, especially the knees.



Proper diet, moderate exercise and the right dietary supplements can help manage joint discomfort.

- Consider a dietary supplement to round out your diet and exercise regimen. Since the GAIT (Glucosamine/Chondroitin Arthritis Intervention Trial) study, funded by the National Institutes of Health, endorsed glucosamine and chondroitin as an alternative treatment for sore joints, they have been widely recommended for relief of joint discomfort.

Glucosamine and chondroitin are used by the body to help make and maintain cartilage, providing skeletal support and improving joint mobility. One of the latest developments in the category is Move Free Advanced, a combination of glucosamine, chondroitin and two unique ingredients.

These special ingredients protect joints and cartilage from breaking down and also replenish your joints, signaling the body to produce more fluid.

To learn more, visit www.keepmovingwithmovefree.com.