

Your Body and Joint Health

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THE HUMAN BODY HAS MORE THAN

200 BONES



200 JOINTS

Joints are where two or more bones are connected together with the help of cartilage, allowing you to experience movement.

When joints are unhealthy, or have been damaged from injury, everyday activities can cause pain and joints begin to develop arthritis.

Arthritis—Inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age.

The most common types of arthritis are **osteoarthritis** and **rheumatoid arthritis**.

How can I keep my joints healthy?

Maintain a healthy diet. Excess weight can cause wear and tear on your joints which can lead to arthritis in the future.



Regular physical activity helps keep your joints healthy by keeping the muscles around your joints strong.



Children and teenagers should get 60 minutes or more of physical activity a day, adults should aim for at least 30 minutes each day.

