





Preventing Arthritis Through Exercise

Arthritis is a condition that causes joint pain, stiffness and inflammation. While it is commonly associated with aging, regular physical activity can help prevent or delay its development. Exercise supports joint health by strengthening muscles, improving flexibility and reducing stress on the joints.

Why Exercise Helps Prevent Arthritis

Strengthens Joint Support
- Builds muscle around joints
- Helps reduce strain and improves stability

Improves Flexibility and Mobility
- Helps joints move more freely
- Reduces stiffness and discomfort

Supports Healthy Weight Management
- Less body weight reduces pressure on joints
- Helps prevent joint wear and tear, especially in knees and hips

Reduces Inflammation
- Regular movement can help lower inflammation levels
- Supports overall joint function

Flexibility and Balance Exercises

Low-Impact Cardio

These exercises improve circulation and movement without putting excessive stress on joints.
- Walking
- Swimming
- Cycling

Strength Training

Helps build muscle to support and protect joints.
- Bodyweight exercises
- Resistance band workouts
- Light weightlifting

Flexibility and Balance Exercises

Help maintain range of motion and reduce injury risk.
- Stretching routines
- Yoga
- Mobility exercises

By staying active and prioritizing joint health now, you are investing in a healthier, more mobile future.



How Clutter Can Affect Your Mental Health

A simple junk drawer or an innocent pile of clothes on a chair in your bedroom can have a greater effect on your mental health than you realize. While it might be a convenient way to store your belongings so that you know exactly where they are, accumulating a few extra items around the house can negatively impact your physical and mental health and stress levels.

When your surroundings are messy and your environment is cluttered, your brain is forced to split its attention, which can make it difficult to focus on one thing. Think about having too many tabs open in your browser – there are so many factors competing for your attention that it's hard to devote full focus to one. It can also be overwhelming to think about the mental and physical load of getting rid of things and sometimes the easiest solution is to leave everything as is.

Here are some tips to manage your clutter

- Start small and set realistic goals: It can be as easy as spending ten minutes a day organizing a junk drawer that has been piling up for years; dedicate a little bit of time every day to getting it done.
- Practice mindful consumption: Before you make new purchases, think about how material items will add value to your life and if you actually have the space to accommodate them.
- Don't forget about digital de-cluttering: Digital clutter can have the same effect as physical clutter; put time on your calendar to clean up old files and emails.
- Create an organizing system: give everything a dedicated home and at the end of each day try to return everything to its space.