

Arthritis Today

Updates & Tips to Live Your Best Life



Welcome to 2025! Check out ways to ease your arthritis pain and stiffness. Start the new year off on the right foot with healthy lifestyle tips.

How to Exercise Safely

Physical activity is one of the most effective arthritis treatments. A well-rounded workout can set you up for success.

[Get Moving →](#)

Hot Tips for Cold Hands

Winter weather often means two things for hands: pain and stiffness. Try these solutions to get some relief.

[Get the Tips →](#)

A Heartfelt Story of Courage

Six-year-old Kiana was diagnosed with juvenile idiopathic arthritis at age 3. Her family's story will inspire you.

[Watch the Video →](#)



Make Connections That Count

Get inspired, be empowered and spread hope at the 2025 Pathways Conference. It's the event for volunteers to connect.

[Register Now →](#)

Biking Has Big Health Benefits

Cycling can boost your cardio and muscular strength and even help maintain good joint health and range of motion.

[Read How Biking Helps →](#)



An Elegant, Easy-to-Make Dessert

This apple-cranberry galette takes about half the time and effort of a whole pie and is packed with powerful antioxidants.

[Get the Recipe →](#)



Designed for You

Better Fit Bedding

Features a fitted flat sheet that reduces lifting and tucking.

[Check It Out →](#)



[Ease of Use Certified®](#) products and packaging are tested and proven easy to use for people with arthritis.

With your gift, we can fund new research, advocate for patient rights and connect the arthritis community through our free tools and resources.

[Donate today and be a part of the cure.](#)