

Arthritis Today

Updates & Tips to Live Your Best Life



It's fall, y'all. Spice up the season with a new dish, get some exercise and be supplement savvy, plus prep for open enrollment.

Your 2025 Insurance Guide

Important changes are coming to Medicare and the Marketplace. Get tools to assess your insurance options with confidence.

[Get Step-by-Step Prep](#) →

Staying Active When Temps Drop

Time it right, think low impact, or take it inside. Stay active to feel better and get in shape for [Jingle Bell Run!](#)

[10 Tips to Keep Moving](#) →



Pumpkin Rice Pudding

Simmer up this tasty dessert, bursting with fall flavors and antioxidants to help ease arthritis inflammation.

[Get the Recipe](#) →

Feeling Better Is a Gift

Read about Stacy Courtnay's arthritis journey, from new mom with a new diagnosis to helping uplift others with arthritis.

[Read Her Story](#) →

Podcast: Supplements for Arthritis

Wondering what to look for and what to avoid in vitamin, mineral and botanical supplements? Hear an expert's answers.

[Listen Now](#) →



Designed for You

IMAK® Arthritis Gloves

[Check It Out](#) →



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.

Since 1948, the Arthritis Foundation has led the fight to conquer arthritis for nearly 60 million adults and children living with the disease in the U.S. This content is made possible through the [generous support](#) of donors like you.