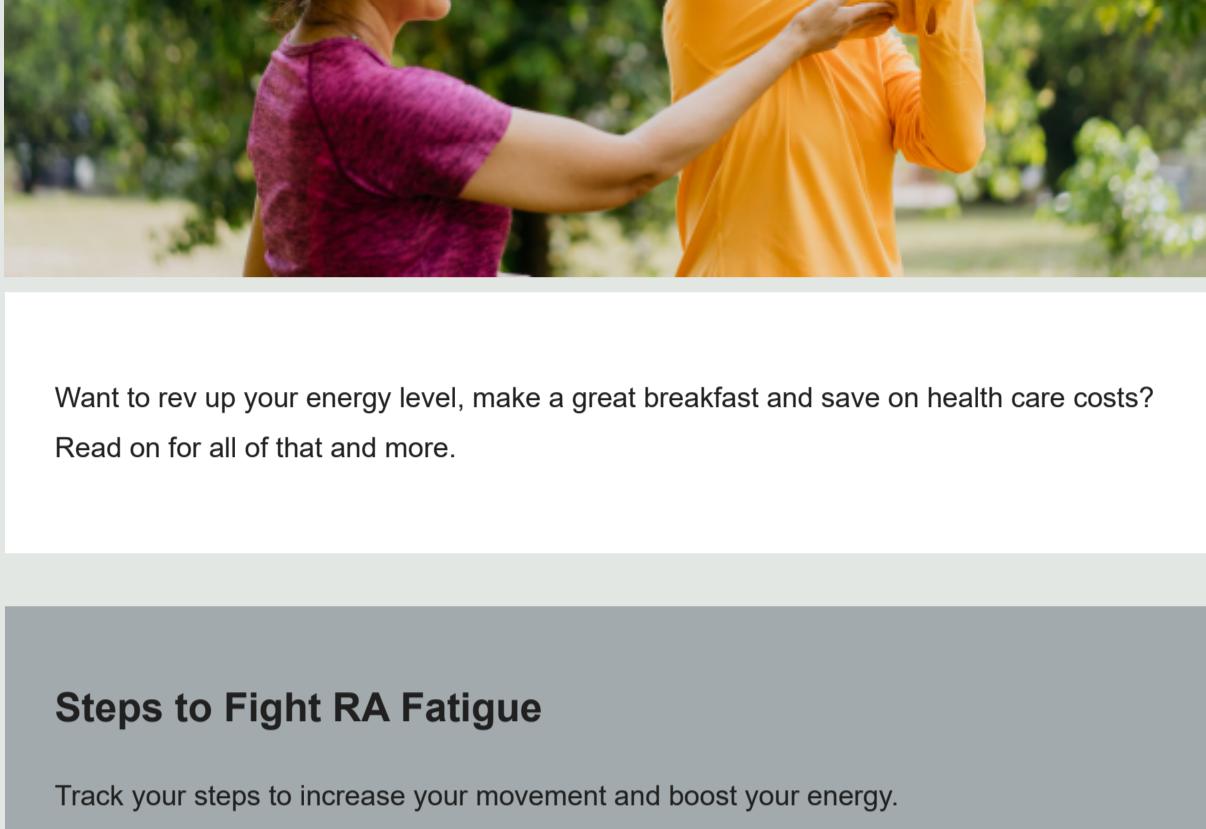


# Arthritis Today

## Updates & Tips to Live Your Best Life



Want to rev up your energy level, make a great breakfast and save on health care costs? Read on for all of that and more.

### Steps to Fight RA Fatigue

Track your steps to increase your movement and boost your energy.

[Get Motivated →](#)

### 10 Ways to Cut Health Care Costs

From learning health insurance jargon to investing in a healthy lifestyle, there's a lot you can do to save.

[Start Saving →](#)



### Walking & Winning as a Team

Learn how one volunteer's nearly 20 years of dedication inspires this Walk to Cure Arthritis team to keep going.

[Read Their Story →](#)

### Arthritis Gives Her Purpose

Get to know an Arthritis Foundation staff member whose juvenile arthritis spurred her to help others.

[Meet Jenn →](#)

### Easy Huevos Rancheros

This simple, satisfying recipe is rich in bone-protecting calcium, magnesium, iron and zinc

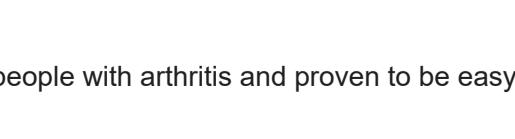
[→ Get the Recipe](#)



### Designed for You

### Safe Step Walk-In Tub

[Check It Out →](#)



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