

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.