



Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

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Joint Longevity Habits as You Age

- 1. Stay Active Smartly:** Choose low-impact exercises like swimming, cycling, or walking to keep joints moving without excess wear, building strength around knees and shoulders.
- 2. Eat for Joint Health:** Focus on anti-inflammatory foods rich in omega-3s (fish), antioxidants (berries), and vitamin D to support cartilage and reduce arthritis risk.
- 3. Maintain Healthy Weight:** Achieve and sustain an optimal weight through balanced nutrition and strength training—every pound lost reduces knee stress by four pounds—helping preserve long-term mobility.

UPCOMING: VIRTUAL SPORTS MEDICINE CONFERENCE

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