

## National Arthritis Month

Arthritis is life-altering. Since there is no cure for arthritis, managing the disease is vital. There are many positive approaches to the management of arthritis. Use the month of May to make choices and take action so you can better live and cope with arthritis. *Start with the 8 Best Things to Do for Arthritis:*

- **Educate** yourself and become knowledgeable about your condition. Learn what helps and what hurts.
- **Motivate** yourself to remain active by focusing on what you can do as opposed to what you cannot do.
- **Participate** in life and fight off depression and isolation.
- **Medicate** and follow a treatment plan that will relieve symptoms and allow the highest quality of life.



- **Communicate** your need for patience, understanding, and support from those around you.
- **Meditate** to give the body and mind needed relief from the stress of arthritis.
- **Eliminate** stress whenever possible so it does not further compound the stress of the disease.
- **Concentrate** on setting realistic goals, positive thinking, remaining active, and actions which make living with arthritis more bearable.

Carol Eustice, About.com Guide May 2009

Each year during National Arthritis Month, the Arthritis Foundation encourages people with arthritis to stay active. Walking, exercise, and avoiding a sedentary lifestyle are important.

- Try to move your joints gently through their full range of motion every day.
- Gradually build up endurance exercises to 20 to 30 minutes per day, at least three times a week.
- After exercising, cool down for 5-10 minutes to let your heart slow down and allow your muscles to relax.

*If you are having a flare up of symptoms, do not skip exercises completely. Inactivity leads to stiff and weak muscles. A balance between rest and activity is best, even during a flare.*

### Fruit Kabobs Recipe, Fruit Desserts

This is a colorful, fun way to sneak a serving or two of fruit into the brunch or dinner meal. Other fruits can be substituted for any of the kabob ingredients listed.

#### Ingredients:

- 2 kiwi, sliced in quarters
- 1 cup thick banana slices
- 1/2 cup seedless grapes
- 1 cup watermelon balls or cubes

#### Preparation:

1. Put kiwi quarters, banana slices, grapes, and watermelon balls into separate serving bowls.
2. Make 4 kabobs by sliding a series of kabob ingredients on a bamboo skewer; for example: a banana slice, then a grape, then a kiwi quarter, then a watermelon ball, and so forth. Arrange kabobs on a platter. **Makes 4 kabobs**

