



you're wanting to get active, but it's too cold outside, get active indoors! There are plenty of resources available to stream workouts that can help you from being sedentary.

Controlling your comfort level is key to alleviating any pain or joint fatigue brought on by arthritis. If you're feeling cold, why not add a few layers to keep your joints from getting too cold?

In the cold, the last thing you want is a fall. To prevent falling or slipping on ice, it's a good idea to wear shoes that have good grips on the soles, to ensure you don't fall and injure yourself.