



Arthritis: Exercise, Diet, and Arthritis: The most important information you need to improve your health (The Everything® Healthy Living Series)

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Are you tired of battling joint pain, stiffness, and soreness? The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life.

Inside you'll find expert advice and helpful tips on proper exercises, managing pain while exercising, alternative exercises, and suggested healthy diets. Living with arthritis can be challenging, but with the right guidance you can live a happy and healthy life.

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