



Get Fit. **Life Tip.** Joints 'n Juice

The average person has about 230 joints in their body; a joint is where two or more bones make contact allowing for movement. We use our joints everyday through every movement we make, walking, running, working out and even typing. When it comes to our joints we tend to forget the importance they play in our everyday lives until we feel pain or discomfort. There are many ways to make our joints stronger, healthier and help slow down normal wear and tear.

A tall glass of orange juice is a simple thing that may help with joint pain and inflammation. Orange juice is very high in vitamin C as well as beta-cryptoxanthin which may help poly-arthritis, which is a joint condition. Also, glucosimine is a great supplement to take as well. Foods high in vitamin C (ie. strawberries, blueberries, raspberries) can also slow down the wear and tear on your joints. Vitamin C plays a crucial role in the formation of collagen, a key component of cartilage and bone. I would recommend getting between 500-1000mg of vitamin C daily. Vitamin C is also a great immune booster and helps prevent colds.

Other foods that are high in vitamin C: peaches, bell peppers, broccoli, papaya, kiwi, oranges, grape fruit, cantaloupe, Brussels sprouts

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

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