



## Better protection and recovery for your joints

Joints are one area of the body that get a lot of attention when it comes to exercise. They also play an important role in everyday life -- think about climbing the stairs, typing on the keyboard, chopping vegetables for dinner and getting in and out of the car.

Glucosamine has been found to be the main building block for healthy joints, yet as you get older, your body usually needs more glucosamine than it can produce. A glucosamine supplement with ingredients to support joint health can help.

“As you age, your body can’t produce enough glucosamine any more so the parts of your joints that cushion and allow you to have normal range of motion degrade and sometimes get inflamed and you can face a lot of pain,” explained Mary Murray, Nutrilite formulator.

“Some clinical studies have indicated that glucosamine will help your comfort level and that it will help you maintain a good range of motion,” she added.

Glucosamine works with the rest of your body’s mechanism to make the molecules that you need in order to get more joint flexibility and joint comfort. By starting some supplementation like glucosamine early on in your life, you may be able to prolong the flexibility you have as you age.

In addition to adding glucosamine to your supplement routine, here are more ways to help support healthy joints and mobility at any age:

- **Rethink your diet.** Some foods may fight inflammation, including fish and soybeans that are packed with omega-3 fatty acids, anthocyanins-filled cherries and calcium-rich dairy products.
- **Stretch before and after cardio activity.** Gentle stretching gets your joints ready for more intense activity. And a good cool-down stretch can help ease joint stress.
- **Adjust your workout.** If you can’t manage an all-out run, take a walk with a friend, or enjoy a bike ride. Any activity is healthy – especially if you can avoid pain or injury!

For additional information, visit: <https://www.youtube.com/watch?v=00-FWui4t5U>. To learn more about or purchase Nutrilite supplements visit [Amway.com](http://Amway.com) and search for Nutrilite. You can also get free samples at the training run at the downtown YMCA. See you there!