



Cornwall Arthritis Trust

Founded in 1976 to enable people suffering from arthritis & other musculoskeletal conditions to live their best life, & to ultimately conquer these conditions.



cornwallarthritis.org.uk

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 ArthritisTrust

Freedom to move needs healthy bones and joints, here are some tips for good musculoskeletal health:

Look after your musculoskeletal health

- ⦿ Be active to stay fit
- ⦿ Eat healthily – calcium and fish oils are good for bones and joints
- ⦿ Maintain an ideal weight
- ⦿ Avoid smoking and excess alcohol
- ⦿ Avoid stress

Avoid risks

- ⦿ Recognise risks of falling or injuries and try and avoid them

Seek support

- ⦿ if you experience pain or symptoms that affect your everyday activities including work

Visit cornwallarthritis.org.uk to find out how to get help and support to enable you to manage your arthritis or other musculoskeletal problems

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