

## Cardio – It's got *joint* benefits

You do it because it burns calories and keeps your heart young. But it can be a knee-pleaser, too. Vigorous activities like running, brisk walking or swimming – whatever boosts your heart rate and makes it harder to talk during exercise – can increase the amount of bone-cushioning cartilage in your knees.

There's just one caveat to knee savers -

Vigorous exercise= good for the knees.

Vigorous exercise that causes joint injury = bad for the knees

So, although cardio workouts may build joint cartilage, play it safe. Don't overdo it and risk knee health. Knee injuries can more than double your risk of arthritis down the road.

Joint Effects: Here are a few more tips to keep your knees in "Tip-top" shape:

Maintain a healthy weight (Watch those Holiday calories!)

Strengthen the muscles that support your joints. Strengthening exercises such as lunges, squats, leg raises, or curls can make a big difference in knee strength.

Take your vitamins. Nutrients like Vitamin E, C and D may help slow arthritis progression.

Eat foods rich in calcium and lots of amino acids for bone and cartilage health.

See your coach or trainer for specific suggestions to help keep your knees healthy!