

Joint Health



to address joint pain and swelling



Prepared for: VIP clients

Prepared by: Helping Hospital

Goal:

Start Small, Move with Intention



STEP 1: Understand Joint Health & Inflammation

Why it matters:

Your joints are like hinges—movement keeps them smooth, while inflammation causes stiffness.

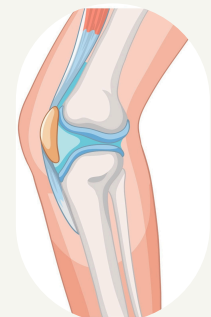
Inflammation is your body's way of protecting itself when something feels wrong, like an injury or irritation. It's your body's helpers (white blood cells) trying to fix a problem — but they stay too long and things can start to hurt or swell.



What to do:

Take 5 minutes to check in: Notice how your joints feel when you move slowly through your neck and shoulders.

What did I notice in my body when I moved more mindfully? Which areas are tender today?





STEP 2: Learn Anti-Inflammatory Foods & Hydration

Why it matters:

Eating anti-inflammatory foods and staying hydrated can help your body feel better and faster.



What Are Anti-Inflammatory Foods?

These are foods that help lower swelling and pain inside the body. Inflammation happens when your body tries to fight germs or heal injuries, but too much can make you feel tired or sick.

What to do: make small changes in what you eat.

Great Anti-Inflammatory Foods:

- Fruits: Berries, apples, oranges, cherries, grapes, and tomatoes.
- Vegetables: Broccoli, spinach, kale, carrots, bell peppers, cauliflower, sweet potatoes.
- Healthy Fats: Avocados, olive oil, nuts (like almonds and walnuts), and seeds (like chia or flax).
- Fish: Salmon, tuna, sardines, and mackerel (rich in omega-3 fats).
- Beans and Lentils: All types help your body heal and are good protein.
- Spices: Turmeric, ginger, garlic, and cinnamon help fight swelling.
- Whole Grains: Oats, brown rice, and quinoa are better than white bread or sugary cereals.

Foods to Avoid:

Try not to eat a lot of soda, candy, chips, white bread, or fast food—they can make inflammation worse.



STEP 3: Learn basics of Hydration

Why it matters:

Drinking and eating enough water keeps your body's systems working right. Water helps move nutrients, get rid of waste, and may even help calm inflammation



How much water is too much?

This amount varies between men and women. Generally 2–3 Liters of water per day is recommended unless you have other medical needs. Drink slowly throughout the day to stay hydrated.

What to do: make small changes.

Great sources of hydration:

• Drinks That Hydrate

- Water: The best and simplest for hydration.
- Milk: About 89% water and offers protein, vitamins, and minerals.
- Herbal Teas: Caffeine-free and hydrating without added sugars.
- Coconut Water: Contains water and natural electrolytes.

• Water-Rich Foods

- Many fruits and vegetables contain over 80–90% water.
- Cucumber (96%): Crunchy and hydrating.
- Lettuce, especially iceberg (96%): Light but water-rich.
- Celery (95%): Great for a snack with healthy fats
- Watermelon (92%): Sweet and mostly water.
- Strawberries (92%):
- Tomatoes and bell peppers (94%)
- Broccoli, cauliflower, cabbage (92–93%)
- Oranges, grapes, cantaloupe, peaches (85–90%)



STEP 4: Gentle Daily Habits: Posture, Stretching & Breathing

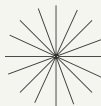
Why it matters:

Motion is lotion for your joints.
Healthy joints move. Stiffness needs to be *gently* stretched.



What to do:

- Practice posture awareness, slow shoulder rolls, neck tilts, wrist and ankle circles, and steady breathing. Inhale for 4 counts, exhale for 6. Keep movements small and kind.



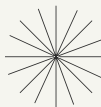
REFLECTION / WORKSHEET PAGE

Why it matters:

Make habits that work.

Check off the days below on your calendar or this sheet

Every small win counts. You're already doing more than you think.



Focus Area							
Anti-inflammatory food							
Hydration							
Gentle Movement							
Breathing							

NEXT STEPS:

[Click on this link to post to the Facebook group.](#)

Look for the next email.
I'll share the #1 reason most people stall out (and how to fix it).



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