

Your Name & Phone Number Here!

Health Risk Appraisal

Arthritis Risk Profile



Arthritis is a chronic inflammation of a joint accompanied by pain and swelling which can frequently result in deformities in the capsule and structure of the joint. Arthritis can strike anyone at any age. Many people believe that arthritis is a normal aspect of aging, however, medical research has now demonstrated that individuals can take an active role in the prevention and treatment of arthritis with proper nutrition, exercise, and supplementation.



Intervention Factors

- ** You are at an increased risk for arthritis because of your age.
- ** Reduce your current body fat percentage. Excess body fat can put extra stress on your muscle skeletal system.
- ** You should increase your exercise level to a minimum of 3 days per week for at least 20 minutes. Ask your provider for specific information.
- ** Improving your nutrition habits can decrease your risk of arthritis.