

Taking Care of Your Knees

Are your legs feeling stiffer when you stand up or you hear pops and creaks when you bend down? One of the first places many women begin to notice little aches, pains, and “pops” is in the knee joints. We put a lot of wear and tear on the cartilage in our knees leading to inflammation, pain, and swelling. While cartilage deteriorates naturally as we age, here are some steps to help slow it down.

- **Maintain a Healthy Weight**

For every pound you gain, you add an additional 4 pounds of pressure to your joints. By eating a healthy diet and exercising, you can help keep the pressure off your knees.



- **Move Your Body**

High-intensity exercises, like running, jumping, etc. can actually harm your knees. Instead, try cycling, whether indoors or outside, this exercise has cardiovascular endurance, helps improve balance, and aids in a more toned physique without placing any impact on the knees.

