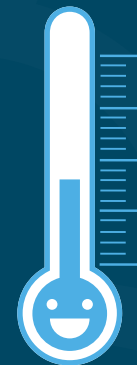


# Why does cold weather worsen the pain of arthritis & how to tackle it?



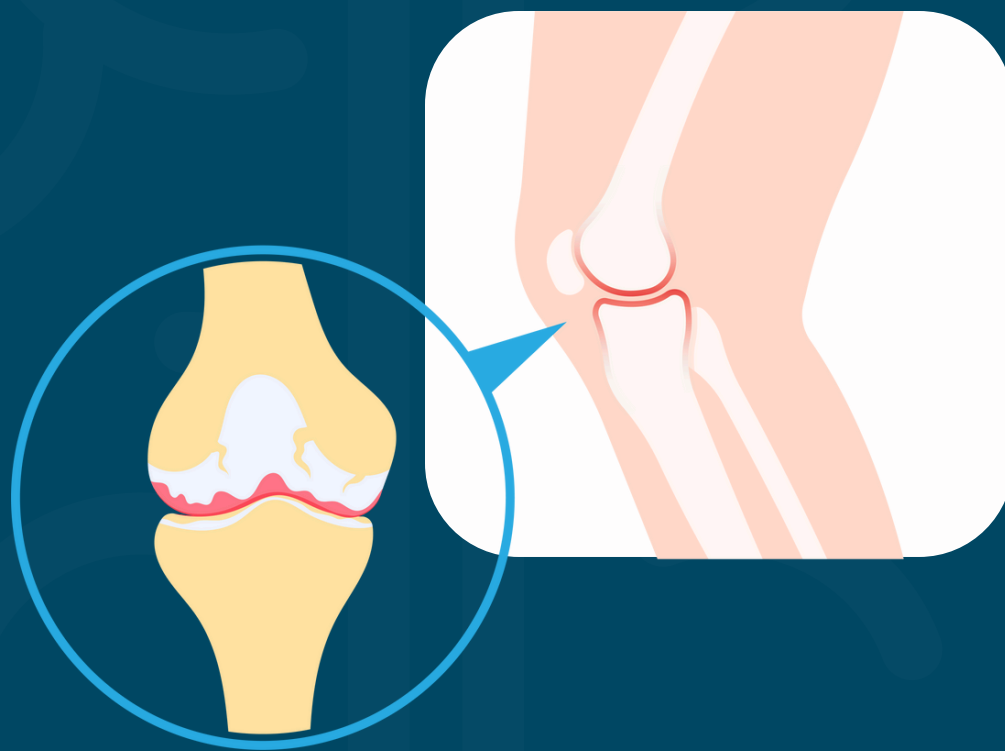
When temperatures drop, **arthritis** can start to feel like a villain!



The cold stiffens your joints and muscles, making it a battle to move comfortably.

Higher atmospheric pressure can crank up joint inflammation and make you feel extra sensitive.

Plus, cold weather mean less movement, adding to the stiffness and pain.



But it's not all bad news! Swipe right for fun tips to keep arthritis pain at bay.



# Warm up your world



Enjoy a warm bath or use hot packs to soothe those achy joints.

It's like giving them a warm hug that keeps them loose and pain-free. Perfect for fending off stiffness!



# Move it to not lose it

Get those legs moving with a brisk walk or fun indoor exercises.

A little movement keeps joints happy and helps you stay active and upbeat.

# Hydration to prevent inflammation



Good hydration helps keep your joints cushioned and flexible, as cartilage is 60-80% water.

Plus, sipping on warm herbal tea adds an extra layer of comfort while hydrating your joints.

# Stretch and flex

Start your day with gentle stretches to keep muscles loose and joints flexible.

It's like giving your body a little pre-game pep talk to tackle the day ahead!



# Pain-free employees are **productive employees.**



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



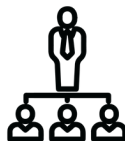
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