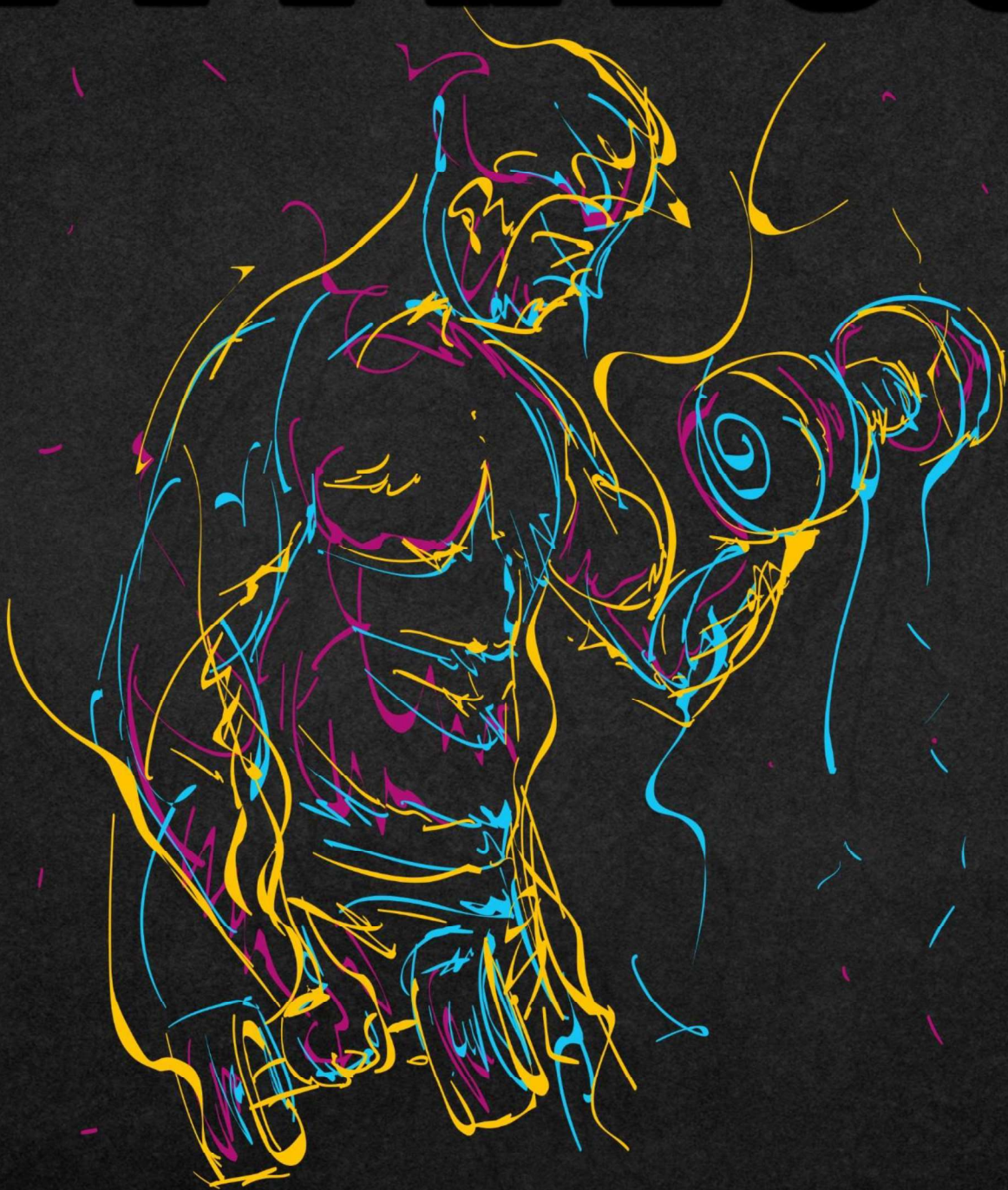


# 101 MUTUAL FITNESS



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# INTRODUCTION

If you've ever sat in awe watching children play, marveling at the immense amount of energy and flexibility they have, you know that it's thanks to their healthy joints. But as you age, even bending down to pick something up from the floor can become an impossible feat. So how do you deal with this?

While you can't really fight the process of aging, you can surely slow down the rate of damage inflicted on joints due to wear and tear. Learning how to nourish and take care of your joints will let you stay flexible for longer and yield relief for painful joints. Read on to see what it takes to keep yourself and your joints moving well even in old age.

# CHAPTER 1: THE IMPORTANCE OF JOINT HEALTH

Every time you sprint to catch the bus, score a point against your opposing team, or shoot pool with friends, you're using your extremely functional musculoskeletal system. This means a combination of bones, joints and muscles get you going where you want to go.

But muscles and bones don't work alone. Instead there are joints that link these together. While bones support your body's entire weight, your muscles pull your bones as you move. Joints are the connecting links that put both bones and muscles in motion.

Given the important functions of mobility and movement, it becomes crucial that you take good care of your joints. After all, you put them through so much wear and tear throughout your life.

Joints that aren't well taken care of become susceptible to injury, inflammation and general dislocation. As age catches up with you, you can feel the effects of overuse weathering away your joints. So, keep your joints healthy at every stage of your life so they can keep you moving even in old age.





But before we look at ways to do so, here's a quick look at the anatomy of a joint so you can better understand what goes into keeping your joints healthy.

## What Are Joints?

Imagine if the skeleton had only one solid bone. That would make it very difficult to move. So instead nature solved this problem by dividing the skeleton into many bones and creating joints where the bones intersect.